



fresh

\$2.00
or FREE
with \$10 purchase
or \$25 on wine

HEALTHY COLOR

Delicious veggies
add a healthy boost

page 34



Spicing It Up
Try your brunch
Southwestern style
page 16

Tea for Twelve
Enjoy an interlude
of delicious treats
page 22

Just in time for your next
celebration or gathering

CHOOSE, CREATE, &
COOK
RECIPE CONTEST

When you shop all Hesterford, creating delicious dishes is easy. So to make our dish magazine Cheesecake, Caviar, and Cook Whipped Cream more challenging, we added a step: now you'll need to make it from these ingredients from our preselected list of 100 ingredients. The winning original recipe could win a \$1,000 Hesterford gift. Call us another great deal.

To enter create a wedge using at least three (you can use more!) of the 15 brands or ingredients: **Barilla® Pasta**® and **Marinara** brand ingredients of the right and any other ingredient of your choice (if other ingredients do not have to be on the list, you can choose anything in the aisle).

The list includes vegetable foods and condiments that could work well in appetizers, side dish, main dish, or even a dessert. Come up with your best recipe and send it in by October 31, 2009. It is a chance to win a prize! You and your winning recipe will also be featured in the March/April 2010 issue of *International Super Magazine*.

- Recipe can be for an appetizer side dish main dish or dessert
- Recipe must contain at least three items from the Canteen Ingredients List
- Recipe must be pure vegetable recipe
- One entry per person
- Deadline October 30, 2008

To enter type or print your name and include your name, address, phone number, and email address. E-mail your reply to an address listed in the advertisement. If published, your name will

Personalized Dinner, Dessert, and Drink Recipe Control™ is the subject line. Or mail your recipe to PersonalizedRecipeControl@fda.gov. It's the smartest decision we can make.

For complete official rules which govern this contest write to the address listed above.

- [illegible]

Grand Total: \$1,145.17 including \$1,000.00 Amazon and \$145.17 Card
Gift Card: \$145.17 including \$125.00 Amazon and \$20.17 Card
Total: \$1,145.17 including \$1,000.00 Amazon and \$145.17 Card
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FRESH FORUM

I have been a big fan of *Manisford* in Hampton, VA, for many years. The store is bright, clean, and spacious. The seafood department is as fresh as any seafood store around. I love the options of packaged or more "older" meats and the Produce department has such variety. Plus, every thing seems to be priced right.

About a year ago, I picked up my first *fresh* magazine and got hooked! Great and just great articles, great ideas!

I love to cook but have never been "big on baking." I saw a banana cake and wanted to give it a try so I went back to *Manisford* to purchase the ingredients. The banana cake was great! I make them a lot. I am also enjoying our other baking items. Thank you — it's been great!

DEBORAH S. SCHERK
North Hampton, VA

I very much like your store. I live in Moscow, Mass., and must drive over 20 minutes to get to the Walham store. One of the reasons I go to the store is to get *fresh* magazine. It's a great local magazine with wonderful stories, even then animals, and very special subjects that are easy to make. When it comes a new issue is out, I always drive out to Walham.

LARRY WLETTER
Northampton, Mass.

I'm looking for a recipe I researched. It was a magazine for recipe that I got from one of your *fresh* magazines. It had several

We'd Love to Hear from You!

Please send your comments, suggestions, and column requests to feedback@manisford.com or *fresh* magazine, P.O. Box 8008, Portland, ME 04104. Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To comment on *Manisford* online, visit www.manisford.com (click on Contact). It's all the best in the paper. Please contact Customer Service or call 800.233.9440.



"About a year ago, I picked up my first *fresh* magazine and got hooked!"

different versions. There was pumpkin with cream cheese filling, citrus black with white filling, vanilla with chocolate filling, and others. If you find a I would like a copy of that issue.

PAULA HANCOCK
Watson, MA

Her Copies of that issue (July/August 2000) are no longer available, but you can always find articles and recipes from back issues at www.manisford.com >All About Food > *fresh* Magazine. There, you'll be able to print the recipes you want and even adjust the number of servings using the scaling feature.

Fresh is such a delight for me. I was a missionary and I think I did a little bit of cooking, my wonderful and scholarly. During our time in Baltimore in the 1960s, we used local ingredients as well as spices and other imports available at Indian markets. Now, it's fun to cook that way when I'm at home. *Manisford* helps me do this by having ethnic cooking sections.

PATRICIA JACOBSON
Shore, Maine

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By Catherine Robbins



Visit us online at www.thefoodland.com for even more great eats (and a lot more) delivered online to your door or food.



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ON THE COVER: Local Roast and Grains with Cranberry Dressing. See page 28 for the recipe. Photo: Jeffery Thompson. Thanks

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Find Out What's in Store

There's always more to discover in your neighborhood. Hanauland used to be happy to share you around. Maybe you're shopping for someone with special dietary needs — like gluten-free, low-sodium or diabetic — or maybe you just want to get some pointers on making healthier choices. Hanauland is here to help with lots of classes on a range of subjects. Cooking with whole grains, building basic dietary getting more energy. So, next time for a healthier food, see you some of the classes you'll find at many Hanauland stores. All are taught by registered dietitians who will be glad to answer your questions. Sessions last about 45 minutes and are followed by a half-hour customized meal tour, often including coupons and give-aways to an opportunity to sample healthy



foods. If your neighborhood store doesn't offer a class, there will be another Hanauland in your area that does. Members of a group can request a private class and more time focusing on a particular meal or recipe that interests them. Whether Hanauland classes are geared to grown-ups

managing dietary challenges or families running nutrition budgets, they can help make healthy living fun. Find out what's coming up in your area by stopping at the Community Service desk or visiting [www.hanauland.com > Healthy Living > Wellness Events & Classes](#).



Sustainable Shopping

Hanauland's newest store is green, so to speak. To build the store environmentally friendly, Hanauland in New England, we took the obvious first step — recycling the building. Once an abandoned high school in Augusta, Maine, our new store has earned a Platinum LEED for Leadership in Energy and Environmental Design Gold Building, the highest standard of the U.S. Green Building Council. The 100,000-square-foot store, which opened in July 2013, uses many advanced environmental features and technologies — like a green roof, state-of-the-art refrigeration system, geothermal wells, solar panels and high-efficiency lights and equipment.

Medicine Cabinet Makeover

Keep your medications organized and up-to-date by cleaning out your medicine cabinet once a year (think Fall). It's the American Society of Pharmacy (Pharmacist Services) offers the following tips:

- Many people store medications in the bathroom, but this room's humidity can cause medications to lose potency. Find another location if you can, preferably in a cool, dry place. If you have to store the bathroom, for storage, make sure the room is well ventilated.
- Expired medications are becoming less effective, and in some cases, dangerous. Throw out all meds that past their expiration date and anything that changed in appearance (such as those that have faded or darkened in color). Do this same with herbal products and over-the-counter medicines: the vitamins or enzymes.
- Has any medication that isn't no longer being used, even if they're not expired?
- Dispose of medical items securely. Don't flush them down the toilet or pour them into the sink, which could allow them to enter the water supply. If your town has a municipal waste disposal program, use it. If not, mix old medications with dirt, flour or coffee grounds, wrap in newspaper and discard. This will also prevent unwanted access, such as by kids and pets, from getting to them.



Let the Sunshine (Vitamin D)

Fall means shorter days and less time outside. For most of us, those shuffling daylight hours pose a nutritional challenge — getting enough vitamin D, the “sunshine vitamin.” Our bodies produce vitamin D when we’re exposed to the sun’s ultraviolet rays. But during the fall and winter months, sunlight might not provide all the vitamin D we need. Vitamin D helps our bodies absorb calcium, which makes it important for building strong, healthy bones. And new research is finding that vitamin D is a bigger factor in overall good health than was previously understood — it contributes to a robust immune system and cardiovascular health, and may even help prevent certain cancers.

Vitamin D is found naturally in many foods like salmon, tuna, egg yolks and cheese. And many dairy products including milk, yogurt, and margarine are fortified with vitamin D, so are some brands of orange juice and many ready-to-eat cereals. When you’re shopping for these items, check the labels to see if vitamin D has been added. Still, incorporating vitamin D into your diet may not be enough. To bridge any gaps, you may want to consider a vitamin D supplement. Your pharmacist or pharmacist can help you select a high-quality supplement that’s right for you.



[INGREDIENT INSIDER: BEETS]**By Kathy Champagne**

With their rich color, earthy sweetness, firmness, and juicy almost fleshy texture, beets have many delicious fans. This versatile root vegetable is a good source of vitamins A, B, and C, folate, manganese, potassium, beta-carotene, fiber, and calcium. The greens, once considered the edible part, have more potassium and beta-carotene than the root, and more iron than spinach. They're even rumored to help people quit smoking.

Beets are available year-round. Look for smooth, unblemished skins and crisp, dark greens. Beets don't need to be vigorously scrubbed, just clean them gently and then, roughly being especially careful to remove the dirt near the greens and

leaves are great on a salad and on salads and soups. Try the featured Beet Borscht below or the salads on pages 11 and 25.

ROASTED BEET BORSCHT

Borscht, the quintessential beet dish, is a traditional Eastern European soup, served chilled in summer and hot in winter — the variations are endless, including vegetable and beef versions. This version is even better the next day. May it flourish.

SERVES 10

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 1 HOUR 15 MINUTES

1. Sauté onion, carrot, and celery in oil until softened.
2. Add 1 cup water.
3. Simmer mixture for 10 minutes.
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1. Preheat oven to 400°F. Spray a baking sheet with oil or cooking spray.

2. Place onion and garlic clove on baking sheet. Toss greens, beets, and one whole food, onion, potato, and carrot and chop into 1/2-inch pieces. Transfer to baking sheet and stir with onion. Sprinkle vegetables with additional olive oil and cooking spray. Roast vegetables 25 to 30 minutes, until beginning to brown and slightly tender when pierced with the tip of a knife.

3. Wash beet greens and chop. Add to a large soup pot along with cooking oil, onion, and beets. Remove gas if close from roasted vegetables. Cut one end of

the stem and separate colored round garlic into the soup. Stir well. Add roasted vegetables to soup. Over high heat, bring to a boil. Lower heat to low and simmer covered 10 minutes, until all vegetables are fully cooked.

4. Remove from heat and stir in brown paste or vinegar. Taste for seasoning, such as salt, with a dollop of yogurt and a sprinkling of fresh dill.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (CALORIES, PROTEIN, CARBOHYDRATE, FIBER, FAT, AND SODIUM): 140 CALORIES, 10g PROTEIN, 25g CARBOHYDRATE, 1g FIBER, 10g FAT, 100mg SODIUM.

[TECHNIQUE: CUTTING PINEAPPLE]

Don't let pineapple selection stop you — whether you want to dessert or this salad, the fruit salad with Cheddar is easy to make. It's hard to choose a good pineapple based on how it looks, so select one that smells fresh. It will keep at room temperature away from direct sunlight for up to three days.

1. To cut a pineapple for fruit salad: First trim the green leafy top, cutting about 1/2 inch below the greenery. Also cut the green top or core if you want to use it for a garnish for the salad. Then the base should be cut from the bottom, and discard.
2. Stand the pineapple upright. With a sharp knife, cut the skin that the flesh is shiny, following the curve of the fruit. Try not to cut too far from the skin. If any tough skin of the pineapple "eyes" remains, cut them out with the tip of a vegetable peeler or a sharp knife.
3. Cut the pineapple vertically in fourths. A length of one half inch will be ideal for each serving, cut that away and discard. Cut each quarter in half lengthwise then cut a half section in half pieces. Serve immediately or store refrigerated in an airtight container.

Save It Your Way

Canning expert Lauren Devine shares pointers on keeping the harvest

BY DEBBIE SALLARD PHOTOGRAPH BY JACQUELINE

You maximize the bounty of late summer and early fall long after the last warm, sunny day — just can those delicious fruits and veg, utilizing techniques that have worked for two centuries. For an introduction to canning, we tapped expert Lauren Devine, whose enthusiasm about introducing home cooks to this market and creating an *Urban Harvest* combined her lifelong canning experience with training in food science at Purdue University and her past event plans don't leave developing recipes and providing consumers tips for full-canning products.

In a world where so many of us are pressed for time, what are some of the joys of learning how to can? A big advantage is that canning lets people make food as their taste buds and the seasons move their desires. It's not just about your grandmother's strawberry jam anymore. Today's cooks are preserving everything from spicy chutneys to pickled hot peppers. Two of the most popular recipes we've created recently are for a saucy, sweet-fruited soup and a sweet and spicy raspberry chutney, jam spiked with adult wine. It's all about canning to your taste and then enjoying your own creation.

Also, canning can be a great solution for people with health concerns. A lot of people, especially children, have food allergies. Preserving your own food means you know exactly what goes into it. Likewise, canning can be a good way to regulate salt and sugar intake.

Canning encourages the practice of eating locally grown foods, which generally taste better. And it can give you a sense of pride and accomplishment, especially when you share what you've preserved.



How did you learn about canning?

I've been canning for most of my life. I grew up near Munich, Ind., where the full company I worked. My great-grandmother taught me the canning process when I was about 8 years old. She and my great-grandfather gave a lot of their own food, and my parents used to help. While they worked outside I helped out in the kitchen, putting up pickles, green beans, and all sorts of jams and jellies.

What are the basic steps of the canning process?

Once you've prepared the food, you're planning to eat, heat the jam and the jelly and keep them hot until ready to fill. To do this, simmer them in simmering water in your canner — which can be a large stockpot with a lid. Then transfer the prepared food to the hot jars, put on the lids, and lower the jars into the canner so that they're covered by one or two inches of water. Bring the water to a boil and process the jars according to the recipe and a vacuum seal forms. For jams, the processing time will typically be about 10 minutes

for the full step-by-step process visit www.fullstepcanning.com, where you can also learn about equipment and materials that make canning easy. The equipment represents a fairly modest investment. Once you get the hang of the process — and it's really fairly simple — the time and money saved will repay your initial outlay many times over.

For someone just getting started in canning, what are the biggest dos and don'ts? I can't emphasize enough the importance of following a canning recipe exactly because the processing times are specific to the contents. You can't substitute or add ingredients. Adding a low-acid food like chopped vegetables to a salsa, for example, can compromise the safety of that product. Also, we don't recommend canning dairy products. Luckily there are plenty of resources available to help people learn about canning. The Ball Blue Book, which was only celebrated as 100th anniversary, is considered the bible of canning. The USDA puts out a guide, and www.foodpreserving.com is another great source of information. ■

Community Servings

A food pantry volunteer brings new meaning to using what's on hand

BY LINDSAY STEPLING PHOTOS BY JEFFREY M. HARRIS

Inspired by President Obama's call to serve while inauguration speeches I searched to find a way to use my talents and passion to help my community. Because I used to be a cook at a restaurant in Portland, Maine, I immediately thought I should check out my local food pantry. Even though it's just a couple of miles from my home, I'm embarrassed to say I'd never visited.

I was delighted to find that on Tuesday and Wednesday mornings a nearby non-profit store donates much-needed fresh fruits and vegetables. These "Harvested Fresh Produce Days" is what it's known as the food pantry and very popular. People line up and pick numbers out of a bucket, hoping to get the first chance to go in.

Inside, I saw strawberries and grapes getting swapped up very quickly, but some less familiar foods like chardonnay cauliflower, purple potatoes, bay leaves, and mushrooms were left unloved. I realized that while these items were glorious to a foodie like me, so many food pantry patrons they were unknown. And so despite their good health benefits, these donations were left for the farmers' very lucky day.

The next Harvested Fresh Produce store day, I started showing visitors writing on how why I love chard looks so much. I showed them how to tell if a mango is ripe and how to peel it and cut around the hairy seed shaped seed in the middle. I walked around with an appetizer plate of lots of samples of the beautiful yellow-orange fruit and people's eyes lit up upon seeing this unfamiliar food — one 18-month-old boy came back for thirds.

The next week, I began my regular shift at the food pantry inspired by how Chef Antonia did the TV show where contestants



FOOD LOVERS' FAVORITES: A food pantry volunteer brings new meaning to using what's on hand

create dishes based on the "surprise" ingredient they're given. On Monday, chefman's I take home whatever fresh produce is left on the shelves and prepare healthy, ready-made meals. On Wednesdays, I give out the meals in re-usable containers, offering small treats and a change, cooking tips and more. I created the wrap and two salads included here when faced with a particular challenge: what to do with one hamper's run of garbanzo beans, a lot of beans. (Five pounds of garbanzo chickpeas take three bowls of) a box of potatoes and a mysteriously stuffed frozen whole chicken?

The ingredients for this lunch menu can be prepared in advance. They all pack well and work for a picnic, too. The day before, prepare the potatoes, chicken, and chickpeas for the Filled Chicken Salad. Prepare the hamsters and shred the carrots for the wraps, and make the bean salad.

The day of the lunch, assemble the wraps. Assemble the chicken salad and serve in an appetizer dish, serve the wraps with the bean salad on the side. Serve sliced pineapple or cantaloupe for dessert.



FRUITFUL FILLINGED WRAPS WITH HAMSTERS AND BEAN PLUMS

SERVE 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOUR

This vegetarian salad gives the plate a beautiful shot of color while providing some water-rich vegetable-based protein and minerals. If desired, serve on a bed of Nature's Place™ Organic Baby Arugula or spinach. Recipe may be halved.

- 1. small bowl
- 2. 1/2 cup garlic, minced
- 3. 1/2 cup olive oil
- 4. 1/2 cup chopped tomatoes
- 5. 1/2 cup chopped dried plums (prunes)

1. Soak beans: Do not soak. Place in a large pot and cover with water. Bring to a boil and cook until beans are tender (about 90 minutes). Drain in a colander and run cold water over the beans until they're cool

enough to touch. Make a slight dent in each bean, then peel—the skins should slip off. Peel any remaining bits of skin. Soak beans into a medium-size mixing bowl. 2. Add garlic and olive oil and mix well to distribute. Add tomatoes and dried plums and mix well. Serve to room temperature or chilled. (Store refrigerated in an airtight container.)

APPROXIMATE NUTRITIONAL VALUES PER SERVING (40 CALORIES AND CARBOHYDRATE: 10 GRAMS) (FOOTING: 10 GRAMS) (AND: 10 GRAMS) (AND: 10 GRAMS)

PLUMS, CARROTS AND BEAN WRAPS

SERVE 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 35 MINUTES

Store-bought hamsters work too, but homemade hamsters with the tag of fresh-organic lemon juice is phenomenal. Recipe may be halved.

- 1. (1/2 cup) 1/2 cup chickpeas (canned or fresh beans) drained and rinsed
- 2. 1/2 cup water
- 3. 1/2 cup lemon juice (from about 2 lemons)
- 4. 1/2 cup olive oil
- 5. 1/2 cup whole wheat flour
- 6. 1/2 cup carrots (peeled and shredded about 2 cups)
- 7. 1/2 cup (or 1/2 cup) Nature's Place™ Organic Baking Mix
- 8. 1/2 cup shredded part-skim mozzarella

1. In a blender or food processor, puree chickpeas, water, lemon juice and oil until smooth. Transfer to a large bowl. Add carrots and mix well. Add flour and mix well. Add baking mix and mix well. Add mozzarella and mix well. 2. Assemble sandwiches: On each tortilla, spread 1/2 cup hamsters (lightly below the center, leaving the sides clear). Top hamsters with 1/2 cup shredded carrots. 3. Top shredded cheese. Roll the bottom of the tortilla

FOOD LOVERS' FAVORITES

over the ingredients. Fold sides in and finish rolling up inside. Slice diagonally if packing for lunch, wrap in foil, or serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
500 CALORIES, 40G CARBOHYDRATE, 14G PROTEIN,
10% FAT (21% SATURATED), 10MG CHOLESTEROL,
100MG SODIUM, 10% FIBER

SALAD OF ROASTED POTATOES, PULLED CHICKEN, AND CARROT- CAULIFLOWER

SERVES 4

ACTIVE TIME: 45 MINUTES
TOTAL TIME: 1 HOUR

All the components of this salad can be prepared a day in advance. It makes a great Indian summer picnic lunch and can work as an appetizer or main course salad. If you can't find chicken, when cauliflower is grown over, save the cooking liquid to use in any recipe calling for vegetable or chicken broth, such as our Roasted Root Beans on page 81 and Peas Stuffed with Spinach Soup on page 100.

- 1 (1½ to 2½) whole chicken, rinsed, pat dry, fully cavity removed
- 2 onion, quartered
- 3 medium Yukon Gold potatoes (about 2½ lbs)
- 4 Tbsp olive oil
- 5 tsp freshly ground black pepper
- 6 head cauliflower, cauliflower (also called broccoli) or white cauliflower
- 7 cup reduced-fat sour cream
- 8 scallions, finely sliced

1 Preheat oven to 425°F. Sprig 2 baking sheets with vegetable cooking spray. Fill a large pot with water and put it on the stove to heat over high heat.
2 Place chicken and onion in a second large pot and cover with water. Sprinkle in 1 tsp salt. Cover pot and bring to a simmer over high heat, be careful not to bring to a full boil, which can toughen the meat. When water reaches a simmer, lower heat to maintain a simmer and cook until chicken is done — the top should easily pull off the body — about 75 minutes to 1 hour. Drain



chicken, saving liquid for another use. Drained onion. Place chicken on a plate and let cool just enough to touch, about 3 to 5 to 10 minutes. Discard skin, and pull meat off bone and into two-size strips. You should have 3 to 3½ cups meat.
3 While chicken boils, prepare potatoes. Scrub clean, but do not peel. Cut each into quarters, then into ½-inch (½ inch) slices. Divide hot water into two baking sheets. Sprinkle ½ tsp oil and small sprinkle ½ tsp pepper over potatoes on a each sheet. Toss to coat, then spread the pieces so they aren't touching. Bake in 425°F until golden and tender when pierced with the tip of a knife, about 30 to 35 minutes. Let cool on the pan.
4 While potatoes bake, prepare the cauliflower. Break into equal-size size florets and add pieces to the pot of boiling water. Heat until a colander in the sink and a bowl of cool water. Boil florets for 2 minutes, then test, a piece. It should be firm but not crunchy. Drain florets, then immediately plunge into cool water for a minute, to stop the cooking. (This is called "blanching" and "shocking," a technique you can use to

precook some vegetables including green beans, broccoli and cauliflower.)
5 The chicken, potatoes and cauliflower may all be prepared in advance and stored in the fridge in sealed containers. When you're ready to eat, assemble salad on 8 plates. On each plate, place about ½ cup potatoes on the bottom, then a heaping ½ cup pulled chicken, then a heaping ½ cup cauliflower florets. Top with 2 Tbsp sour cream and sprinkle with scallions. Serve at room temperature or chilled.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
400 CALORIES, 40G CARBOHYDRATE, 20G PROTEIN,
10% FAT (21% SATURATED), 10MG CHOLESTEROL,
100MG SODIUM, 10% FIBER

Bring along an Lindsay Sevel's cooking adventure, visit www.bonappetit.com/blog or visit www.bonappetit.com

Do you have a favorite recipe? Please share it! You could be featured in Food Lovers' Favorites. Just email us at foodloversfavorites@macmillan.com.

A Spooktacular Halloween Dinner

Devilishly good dishes make the buildup as much fun as the trick-or-treating.

BY KATE POLLOCK PHOTOGRAPHY BY MARK EISEN

Halloween preparations bring out the kid in all of us—the excitement over costumes, the anticipation of all that candy. But one chore is the truth to get out the door: dinner falls by the wayside. This year, make dinner part of the fun. Prepare Halloween-themed dishes with your kids that set the stage for the holiday feast to come.

Our Devilish Drumsticks have a sticky sweet-and-sour coating that kids—and grown-ups—can really sink their teeth into. And instead of having pump-oil-erene, why not make your own using our ready-made pump dough and a simple no-cook sauce? These Pocky®ing Pies are easy to make and kids will love munching the dough into unique shapes and adding dream tins.

No candy is complete without dessert—even with Halloween candy on the horizon. Candy Cake Pops are a truly hands-on activity. Cake is crumbled and mixed together with frosting, then shaped into balls. Kids can dip the balls of cake in chocolate, then cover them in colored or chocolate sprinkles. You can make the pops and the balls earlier in the day and the rest of the magic comes together quickly as you'll have plenty of time for last-minute costume adjustments. The kids will be so full from their yummy dinner, they just might save the candy for another day. This again, how any child ever been too full for candy?

DEVILISH DRUMSTICKS

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL: 15 MINUTES

A sweet-and-sour glaze gives these drumsticks real appeal. Serve with a green



salt. This recipe also works well with chicken wings. Recipe may be halved or doubled.

What Kids Can Do

- Toss the drumsticks with oil and pepper
- Arrange drumsticks on pan
- Use chicken skewers to glaze (older kids)

1. chicken drumsticks (about 3 lbs.)
- 1/2 cup vegetable oil
- 1/2 tsp. freshly ground black pepper
- 1/2 cup ketchup or soy

1. Toss, roast and serve as soon
1. Toss, the wing

2. Preheat oven to 400°F. Spray a baking sheet with vegetable cooking spray. Place chicken and pan dry in a large bowl, toss, drain the well oil and pepper. Arrange in a single layer on a baking sheet and bake 30 minutes. Turn chicken pieces over then continue baking until golden brown and almost cooked through (another 10 to 12 minutes). Be sure to wash hands thoroughly after handling the uncooked chicken.
3. In a large skillet over medium heat combine

Cooking with Kids

the maple syrup, soy sauce, and vinegar and keep too hot. If desired, remove skinless dumplings — they cook well with or without skin — and place in a bowl. Add hot oil, soy sauce, and vinegar. Drain and mix with maple and place in a bowl. Serve in the pan — 3 to 7 minutes — serving others. Cool 3 minutes and serve with soy dressing over on the side.

ANTHONY'S HISTORICAL SOCIETY OFFERS THE CHINESE LEO CHANGHONG IN THE PASTOR, TOWN OF FARMHOUSE, 1000 CIRCLE DRIVE, FARMINGTON, CT 06030

PETRIFYING PIZZA

YIELD: 8 PETRIFYING PIZZAS (SERVES 8)
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 45 MINUTES

Kids can stretch the dough into whatever shapes they like, just don't forget the hole for the screaming "monster's" May be frozen.

What Kids Can Do

- Mix the sauce
- Sprig the pizza with cooking spray
- Assemble the pizzas

1. LEO and dog, refrigerator about whole wheat pizza dough
2. Put 8 oz. (from crushed tomatoes)
3. Top olive oil
4. Cheese garlic, minced
5. Top dried tomatoes
6. Top salt
7. Freshly ground black pepper
8. Top the whole pizza with mozzarella cheese

Suggested Toppings

- presliced chicken sausage links, sliced
- dried black olives
- pepperoni
- sliced red and green bell peppers
- sliced mushrooms
- sliced onions

1. Remove dough from refrigerator and allow to rest at room temperature 15 to 18 minutes. Preheat oven to 400°F. Sprig 1 or 2 baking sheets with vegetable cooking spray
2. In a medium bowl, combine crushed tomatoes, olive oil, garlic, onions, salt and pepper for taste
3. Divide the dough into 8 pieces. Lightly flour a work surface. Flatten and stretch each piece with your hands into an irregular shape. Use your finger to form a hole and the bottom center of the dough, this will be the "mouth" of the pizza.

4. Each baking sheet can hold 2 pizzas. Return ready to bake place stretched pizzas on prepared sheets. Spread about 2 Tbsp. sauce on each piece of dough, leaving a ½ inch border around the edge and around the mouth. Top with ½ cup shredded mozzarella
5. Using the mozzarella as a guide, place slices of sausage or pepperoni topped with sliced olives on the pizza as eyeballs (one, two, or

three — use a moment after all). Notes: and here could be slices of sausage, pepperoni, mushrooms, or onions.

6. Bake for 10 minutes in middle and dough is golden brown. Bake 11 minutes. Cool 3 minutes before serving.

ANTHONY'S HISTORICAL SOCIETY OFFERS THE CHINESE LEO CHANGHONG IN THE PASTOR, TOWN OF FARMHOUSE, 1000 CIRCLE DRIVE, FARMINGTON, CT 06030

CANDY-CAKE POPS

YIELD: 1 CANDY-CAKE POP (10 MINUTES)
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 10 MINUTES
PREPARED: 10 MINUTES
COOKING: 10 MINUTES

Cake pops are a cross between a cupcake and a truffle. We make them by using an edible stick — a pencil — then can use long rods like the milkgrain or hemp wheat sticks about 4 inches long. (Don't use the thin sticks — they break easily.) Recipe may be doubled using a 9 by 13-inch pan.





CANDY CANE POPS

What You Can Do

- Measure and add the ingredients.
- Decorate the cake.
- Make dough balls.

Cake

1. Add unsweetened cocoa powder.
2. Tap off popcorn flour.
3. Tap baking soda.
4. Tap salt.
5. Tap 1/4 stick unsalted butter.
6. Tap sugar.
7. Egg.
8. Tap vanilla extract.
9. Tap low fat butter milk.

Frosting

1. Tap 1/4 stick unsalted butter soft and
2. Tap condensed chocolate melted and at slightly cooled.
3. Tap condensed milk super
4. Tap low fat buttermilk or as needed

BEWITCHING BREWS

Witch's Brew Combine equal parts orange juice, grape juice, and cranberry juice for a healthy but tasty mix. For added interest, turn glowing lit in the pump.

Devil's Delight Combine two parts cranberry juice and one part orange juice or lemon lime soda. Add a splash of pomegranate juice to deepen the color.

Magical Mixer Sprinkle cinnamon over a cup of iced or warmed cider. Garnish with cinnamon sticks.



Decorations

24 multi-grain or flaxen wheat pretzel sticks

1. 3/4 cup 1 cup semisweet chocolate chips or 1/2 cup unsweetened chocolate finely chopped
1. 1/2 cup unsalted butter
for frosting, chopped nuts, small candies, candy corn, sprinkles

1. Prepare the cake. If baker's oven is 250°F. Spray an 8- or 9-inch square pan with vegetable cooking spray. Use a paper towel to make sure pan is evenly greased.
2. In a medium bowl, mix to get the cocoa, flour, baking soda, and salt. Set aside.

3. In a large mixing bowl, combine butter and sugar. Using an electric mixer on medium speed, mix until light and fluffy about 2 minutes. Add the egg and mix on medium speed until combined. Add vanilla and mix until combined. Add half the dry mixture and mix until just combined. Add the low fat milk and mix until just combined. Add remaining dry mixture and mix until smooth and fluffy.

4. Pour batter into prepared pan. Bake at 250°F until a toothpick inserted in the center of the cake comes out with a few moist crumbs. 20 to 25 minutes. Cool in the pan about 5 minutes. Then run a knife around the edge to loosen the cake before transferring it to a wire rack to cool completely about 20 minutes. (Cake may be made a day in advance. Cover and store at room temperature.)

5. Once the cake is cool, prepare the frosting. In a large mixing bowl, beat butter using an electric mixer on high speed until light and fluffy about 1 minute. Add melted

chocolate and beat until smooth. Add remaining sugar and mix until combined. Add brownie mix and mix on high speed 10 to 20 seconds. At slow beating is smooth and fluffy. If mixture is dry, add additional buttermilk, 1/2 cup at a time.

6. Crumble the cake into the frosting bowl, mix on low speed about 10 to 20 seconds or until mixture comes together like dough.

7. Prepare the cake pops for decorating. Line a baking sheet with parchment or wax paper. Divide the dough into 24 pieces or about a heaping tablespoon for each portion. Roll each portion into a smooth ball and arrange on the baking sheet. Push a pretzel stick into the center of each ball, pushing down and molding the dough around the stick. Refrigerate 1 hour.

8. Prepare the decorating chocolate. Melt chocolate with butter in a double boiler over low heat or in a microwave. Stir until smoothly thin, some oil has. —chocolate should be just slightly warm, to the touch. Holding the pretzel, dip the top 1/2 of each cake pop into the chocolate, swirling the pops around sides chocolate. Use a knife to spread the chocolate down so that it coats all the cake and a little bit of the pretzel if desired. Roll coated pop in sprinkles or chopped nuts, or decorate with small candies then place coated pops back on the lined/baking sheet with pretzel sticking straight up. (The top of the pops will become slightly sticky to easily apply.) Let set on the refrigerator until firm, about 10 minutes. Serve in a single container as the filling, or use as a treat. Serve slightly chilled.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (UNDECORATED): 160 CALORIES, 10g CARBOHYDRATE, 10g PROTEIN, 10g FAT, 10g SUGAR, 10g CHOCOLATE, 10g BUTTER, 10g SALT.





Our Southwestern brunch showcases
a popular regional cuisine with ancient roots

big flavors

BY LAUREN CAVALLER & PHOTOGRAPHER HEATH ROSSIGNOL

FROM ANCHOVILAS are the bastions of the land, colorful cuisine of the Southwest. Also, specialty ingredients like ground ancho chiles, poblano peppers, and smoky chipotle smoke are at Hanesland, cooking a brunch menu with authentic Southwestern flavors in a soup.

Southwestern cooking originated with the Native Americans, and the region's state capital to include influences from Mexico and Europe. Native Americans considered corn a sacred food and in addition to eating it used it in their ceremonies as an offering to the gods. Today, corn is the base for many Southwestern dishes like tamales, enchiladas, tortas, and quesadillas. Jeffrey Davis, from the state capital, took up the corn, dried to make tortillas, and used ground corn, cornmeal, or soaked and ground to make masa, a traditional dough used for tortillas.

Chiles, another ancient element of Southwestern cuisine, come in many different varieties with varying heat and flavor. They are used fresh, dried, and ground. Spices (heated ground chile) are single and dry chiles and should not be confused with chile powder, a mixture of ground chiles, spices, herbs, and aromatics.

The four varieties of fresh and dried chiles used in this menu originate from two sources: the poblanos and the jalapeños. The Ancho-Gordito, green poblano pepper is sold fresh in the Produce department. When dried, poblanos are called ancho chiles. Both forms have mild heat. Similarly, jalapeños are fresh chili peppers; the smoked and dried version are called chipotles. Their heat is generally in the medium range. As for cereal, there are very dramatically strong chiles of the same variety, but I never hear of them in small taste before deciding how much to use in a recipe.

JALAPEÑO-CORNMEAL BISCUITS WITH HONEY BUTTER

SERVES 16
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 40 MINUTES

White whole wheat flour offers a nutty taste and fiber of whole grains without the grit. Honey butter may be made at work, in advance. For best results, butter freezes eight hours serving. You can run and shape them up to a day in advance, but they won't rise as much. Dough may be baked.

Note: When making gloves while preparing the jalapeños to prevent the oils of from getting on your hands.

Honey Butter

- 1/4 cup butter
- 1/2 cup (2 stick) unsalted butter, room temperature

Miscellaneous

- 1/2 cup all-purpose flour
- 1/2 cup all-in whole wheat flour
- 1/2 cup yellow cornmeal
- 2 tsp baking powder



Jalapeño-Cornmeal Biscuits with Honey Butter

BEVERAGE IDEAS

Agave Fresca: In a blender, purée 1 cup nectarine or orange with 1/2 cup juice, water, and sugar.

Spicy Milk: Combine 1/2 cup milk, 1/2 cup ground chipotle, and 1/2 cup juice, garnish with 1 teaspoon lime wedge.

Mexican Coffee: Add coffee with 1/2 cup hot sauce powder, sugar, and hot milk.

Mango Smoothie: Add 1/2 cup mango, 1/2 cup juice, and 1/2 cup milk.

1. In a bowl, mix 1/2 cup whole wheat flour, 1/2 cup all-in whole wheat flour, 1/2 cup yellow cornmeal, 2 tsp baking powder, 1/2 tsp salt, 1/2 tsp sugar, 1/2 cup (2 stick) unsalted butter, room temperature.
2. Add 1/2 cup agave nectar.
3. Add 1/2 cup whole wheat flour, 1/2 cup all-in whole wheat flour, 1/2 cup yellow cornmeal, 2 tsp baking powder, 1/2 tsp salt, 1/2 tsp sugar, 1/2 cup (2 stick) unsalted butter, room temperature.
4. Add 1/2 cup agave nectar.
5. Add 1/2 cup whole wheat flour, 1/2 cup all-in whole wheat flour, 1/2 cup yellow cornmeal, 2 tsp baking powder, 1/2 tsp salt, 1/2 tsp sugar, 1/2 cup (2 stick) unsalted butter, room temperature.
6. Add 1/2 cup agave nectar.

1. Beat together honey and butter until smooth and creamy. Store in an airtight container refrigerated until 1 hour before using.

2. Preheat oven to 375°F. Line a baking sheet with parchment paper or spray with vegetable cooking spray. In a large bowl, mix together both flours, cornmeal, baking powder, baking soda, salt, and sugar. Using a pastry blender or a electric mixer on medium speed, blend the butter and oil into the dry ingredients.

until fully incorporated, about 2 minutes. The mixture should resemble bread crumbs.

3. Stir in the jalapeño. With mixer on low speed, mix in the buttermilk just until the dough comes together and then use our hands to press the mix together. Dough will be wet.

4. Place dough on a lightly floured cutting board. Dust your hands with flour and pat dough into a circle just under 1/2 inch thick. Using a 3- to 3 1/2-inch biscuit cutter or glass dipped in flour, cut out rounds of dough. Place rounds on a greased pan and bake for 10 minutes. Discard any extra dough before baking.

5. When ready to bake, arrange biscuits 1/2 inch apart on prepared baking sheet. Bake

at 400°F for 15 to 20 minutes, rotating periodically until bread tops are lightly golden.
a Remove from oven. Whop because it's a too tomed before putting on a serving plate. Serve warm, with honey butter.

ANTHONY HORTON, NASHVILLE, TENN.
HE CALLED THE CHOCOLATE, AS HE HAD
THE CAT THE CHOCOLATE THE CHOCOLATE,
THE CHOCOLATE

MEXICAN CHORIZO HASH

SERVES 8

ACTIVE TIME: 45 MINUTES
TOTAL TIME: 1 HOUR

Chorizo, spices, and a vinegar kick go into this chorizo hash. It's a spicy, spicy hash. The hash can be prepared through day 2 of a day ahead meal. Chop and add tomatoes and onions just before serving. May be baked and frozen.

Chorizo

- 1 lb. 80% lean ground pork
- 1 tsp. dried oregano

20. Chop ground chorizo into a paper.

- 1/2 tsp. ground cinnamon
- 1/2 tsp. dried oregano
- 1/2 tsp. ground onion
- 1/2 tsp. ground coriander
- 1/2 tsp. dried oregano
- 1/2 tsp. salt or to taste
- 1/2 tsp. freshly ground black pepper

Hash

- 1/2 tsp. onion oil
- 1/2 tsp. onion oil
- 1/2 tsp. onion oil



CHILI PEPPER

Chili peppers, key to the flavor of Southwestern and many other cuisines, are a healthy addition to your diet. They are low in calories but rich in vitamins A and C. Studies indicate that capsaicin, the chemical that gives chilies their heat, may ease the effects of diabetes like arthritis and pain and also boost your immune system.



3. 1/2 cup sugar
- 5a. 1/2 cup milk or 1/2 cup water
- 5b. 1/2 cup double-strength baking powder
6. 1/2 cup shredded zucchini (a 1/2-inch Cheddar cheese)
7. 1/2 cup corn (fresh or frozen; frozen)
8. Sprinkle all mixture for garnish (optional)

1. Preheat oven to 350°F. Lightly grease a 9 by 13-inch pan.

2. Bring milk to a boil in a large saucepan over medium-high heat. Then reduce heat to medium-low.

3. Whisk eggs and whey in a medium bowl. Set aside. Gradually whisk 1/2 cup of the hot milk into the eggs to warm them for milk.

4. Whisk sugar and salt into the milk, then slowly pour the mixture into the mixture whisking continuously. Continue whisking over medium heat until mixture starts to form the mass of the whole (about 10 minutes on the surface) and no longer remains about 1 minute.

5. Whisk baking powder into the egg mixture. Stir and well-chung whisk out the clumps. Whisk egg mixture into cornmeal mixture. Add Cheddar and corn, stirring to combine. Pour into pan and bake at 350°F for 15 to 40 minutes until the top is puffed and no longer remains when nudged. Serve hot. Garnish with shavings of cheese.

APPROXIMATE NUTRITIONAL VALUES (PER SERVING)
 100 CALORIES 10g CARBOHYDRATE 10g PROTEIN
 10g FAT 10g SUGAR 10g FIBER 10g SODIUM
 10g SODIUM 10g SODIUM

FRUIT SALAD WITH CHILI SALT

SERVES 8
 100 CALORIES 10g CARBOHYDRATE
 10g FAT 10g SODIUM 10g SODIUM

The fiery combination of fruit and chilies will tingle your taste buds. For a milder version, use only ground ancho chile. For more heat, use only chipotle.

1. 1/2 cup ground ancho chile or 1/2 cup
2. 1/2 cup ground chipotle chile or 1/2 cup
3. 1/2 cup salt



WINE TIP

Pupkin Cook's fruit is the ideal companion for a strong Spanish wine page 184. It is medium-dry with a crisp apple and pear flavor. The refresh up and fun-to-drink Benedict Buttery Pinot Grigio is terrific with or without food and offers crisp apple flavors along with hints of citrus and sweet tanginess.

1. 1/2 cup ground ancho chile or 1/2 cup
2. 1/2 cup ground chipotle chile or 1/2 cup
3. 1/2 cup salt
4. 1/2 cup salt
5. 1/2 cup salt
6. 1/2 cup salt
7. 1/2 cup salt
8. 1/2 cup salt
9. 1/2 cup salt
10. 1/2 cup salt

1. Combine chiles and salt in a small bowl for 10 minutes.

2. Place pears, pineapple, and watermelon on a large serving platter or shallow bowl. Cut pears in half lengthwise and scoop out seeds. Slice both pears thoroughly, stopping at the stem to make 1/2-inch slices. Slice pears away from

stem and add to platter. Peel mango. Slice upright on a cutting board and slice both lengthwise away from pit into four pieces. Cut each piece into 1/2-inch cubes. Add to platter.

3. Immediately before serving, drizzle with honey, then sprinkle with chili-salt mix. Dig and enjoy.

APPROXIMATE NUTRITIONAL VALUES (PER SERVING)
 100 CALORIES 10g CARBOHYDRATE 10g PROTEIN
 10g FAT 10g SUGAR 10g FIBER 10g SODIUM 10g SODIUM

Leslie Grogan has cooked professionally for 15 years. She currently works as a private chef and as a recipe developer for publications nationwide.





steeped IN TRADITION

Enjoy a relaxing afternoon with good friends,
easy conversation, and treatime treats

BY LISA STERN PHOTOGRAPHS BY MARK PLATT



You don't have to be English to enjoy a traditional tea party with delicious cakes and pastries, scones slathered with jam, and swirly sandwiches. Gathering friends around a size table is a fun way to reconnect, and a medieval afternoon is an easy time to do it. (Because much of the prep work can be done ahead of time.)

Tea parties originated in England in the 1600s as an afternoon meal used to help people cover small tax levies women dished in that process. (Indeed, we've created a full menu for an afternoon tea.) Our menu serves 12 but can easily be downsized for fewer guests as the baked goods cool, be frozen, and you can make just the number of sandwiches you need. So pull out your teapot and invite friends over to share the treat. (Wine glasses optional.)

Hops to Brew Tea

Prepare hot tea right after guests have arrived. Good tea can be made and chilled several hours before it is put into a jug or made a week or two ahead, using the no-boiling water formula and enclosed, then placed in an "open" or loose tea. Black tea, such as English Breakfast, should be steeped 3 to 4 minutes. Green tea is best steeped 2 to 2½ minutes using no-boiling water (also boiling water which can bring out inherent bitterness). When tea is added to cold steaming water, steeped 1 to 2 minutes. Serve with milk (or black tea) sugar, honey and thin slices of lemon.

Pairing Food and Tea

Cynthia Gold, tea sommelier at the Benson Park Plaza Hotel, notes that as much for same way wine connoisseurs view wine, noting that different teas can enhance different foods. Several of our tea party recipes call for tea as an ingredient. "When you cook with a subtle tea, you can always pair with that tea," says Gold. She recommends the following:

For sandwiches: Green tea or jasmine tea. **Soups:** As a garnish, oolong, Earl Grey, otherwise, a plain black tea.

For fish: Black tea, such as English Breakfast.

TEA SANDWICHES

This trio of delicious sandwiches — salmon, cucumber and chicken — provides a nice balance of flavors and textures. Prepare two portions of each per person.

CUCUMBER-WATERCRESS SANDWICHES

SERVES 8

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

Cold cucumber sandwiches with peppery watercress and creamy spread. Recipe may be halved.

- 1/2 cup herb and garlic soft cheese, such as Boursin
- 1/2 cup room-temperature mayonnaise
- 1 25-gram package of Pilsner® All-Purpose French Baguette

TIMETABLE

2 days before

- Prepare Cucumber Watercress and French Baguette
- Prepare chicken spread for Sandwiches
- Refrigerate Sandwiches
- Prepare goat cheese for Jasmine Sandwiches

1 day before

- Prepare chicken salad
- Make no-boiling tea
- Bake cookies
- Set table for 16 or set up buffet table

2 hours before

- Assemble chicken salad in another bowl and refrigerate
- Arrange cookies and slices of lemon on serving platters
- Transfer any preserves and spreads to individual serving bowls

1 hour before

- Assemble cucumber and salmon sandwiches
- Make soups

30 minutes before

- Heat water for tea

- 1/2 cup watercress leaves

- 1/2 English cucumber, peeled, ends trimmed and sliced

- 1 In a small bowl, mix cheese and yogurt until smooth. (May be prepared up to 1 day in advance and refrigerated in an airtight container.) Slice ends off baguette and remove the seed case. Slice remaining baguette at an angle into 24 slices. Spread each slice with 1 tsp. of the cheese mixture.
- 2 Place a few watercress leaves on top of the cheese spread on each slice. Slice the cucumber into 1/8-inch thin slices and place 2 slices of cucumber on each sandwich. Transfer to a platter and serve immediately.

AS PREPARED, THESE BEVERAGE VALUES REPRESENTED INCLUDES THE CARBOHYDRATE, SODIUM AND FAT (1) IN COMPONENT. THIS INCLUDES TOTAL, SUGAR, ALCOHOL, CALORIES.

JASMINE SALMON SANDWICHES

SERVES 8

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

Jasmine tea is a natural complement to smoked salmon. The cheese may be mixed in advance, assembled the sandwiches just before serving. Recipe may be halved.

- 1/2 cup cream cheese (softened) cream cheese
- 1/2 cup softened goat cheese
- 1 tsp. fresh lemon juice
- 1/2 cup pomegranate seeds, such as Pomegranate from Pomegranate Farm, which should be about 4-5 inches across and 2-3 inches thick
- 1 (4 oz.) pkg. smoked salmon
- 1/2 lemon

1. In a medium bowl, mix cream cheese and goat cheese until well blended. Cut open the bag, add tea and mix well. (May be prepared up to 3 days in advance and stored refrigerated in an airtight container.)

2. Toast bread slices lightly. Spread each slice with about 2 Tbsp. of the cheese mixture. Top each with pieces of smoked salmon. Cut each slice into quarters. In slices each of lemon, then cut 1/4 cup thin slices. Pack out onto a plate. Cut each slice into quarters. Top each quarter sandwich with a lemon quarter. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES FOR SERVING (INCLUDES ALL COMPONENTS IN PREPARATION, INCLUDING CARBOHYDRATE, SODIUM, SUGAR, ALCOHOL, CALORIES, TOTAL, SUGAR, ALCOHOL, CALORIES).

GREEN TEA CHICKEN SALAD SANDWICHES

SERVES 8

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

Our chicken salad is served on pieces of hot goat cheese, rather than bread. Use the larger outer slices; the inner core can be sliced and added to a green salad. Recipe may be made a day in advance and stored refrigerated in an airtight container.

CINNAMON CHOCOLATE WAFERS

YIELD: ABOUT 100 (SERVES 10) (CHOCOLATE)
(CHOCOLATE)

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 1 HOUR 30 MINUTES (INCLUDING
CHILLING TIME)

Chilling the chocolate chips gives these
cookies a richer flavor. May be frozen.

- 1/2 cup (1 stick) unsalted butter
- 1/2 cup packed light brown sugar
- 1/2 cup sugar
- 1 egg, beaten, at room temperature
- 1/2 cup ground cinnamon
- 1 egg white
- 1 cup all-purpose flour

- 1/2 cup baking powder
- 1/2 tsp salt
- 1/2 cup semisweet chocolate chips

- 1 Place butter in a large bowl. Beat until fluffy using an electric mixer on medium-high speed, about 1 minute. Add both sugars and mix on medium-high until well blended, about 1 minute. Add vanilla and cinnamon and mix until well combined, about 1 minute. Add egg white and mix until, about 1 to 2 minutes.
- 2 Scrape sides of bowl. Sprinkle flour, baking powder and salt over surface. Fold in lightly with a rubber spatula, then mix on low until all the flour is incorporated, about 1/2 minute.
- 3 Add chocolate chips to the bowl of a food

processor or mix processor. Pulse until chips are finely chopped or ground and pieces are very small. Alternatively, place chips in a double layer of sealable plastic bags and crush chips using a wooden mallet. Add crumbled chocolate butter and mix on medium speed until combined, about 30 seconds.

4 Place on 10-inch lengths of plastic wrap or waxed paper on a work surface. Scoop 1/2 of the dough onto the wrap, making a log, shape about 1 inch thick and 10 to 11 inches long. Dough will be sticky. Wrap plastic completely around dough and roll log to even out dough. Place wrapped log in freezer for at least 30 minutes, up to overnight. Repeat with remaining dough for a total of 2 logs.

5 Preheat oven to 350°F. Line two baking sheets with parchment paper or spray with vegetable cooking spray. Remove logs from freezer one at a time. Slice into rounds about 1/4 inch thick. Place in rows on the prepared baking sheets, about 1 inch apart. Bake one or two sheets at a time for 8 to 10 minutes until cookies are just set. Remove pans from oven and cool cookies on pans for 1 minute, then remove cookies to a wire rack to continue cooling. Store in an airtight container at room temperature for 2 days, or freeze.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
40 CALORIES, 1.0 CARBOHYDRATE, 10 FAT, 10%
FAT, 10% CARBOHYDRATE, 10% PROTEIN, 10%
SODIUM, 10% FIBER

LEMON GINGER COOKIES

SERVES 2

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES

These cookies are especially nice with pure
lemon. Recipe may be halved and may be frozen.

- 1/2 cup all-purpose flour
- 1/2 cup white whole wheat flour
- 1/2 tsp salt
- 2 tsp baking powder
- 1/2 cup sugar, divided
- 1 Tbsp. minced fresh ginger
- 1/2 cup (1 stick) butter, softened and cut into cubes





- Yes: *expensive because prices*
 No: *cost plus all things, but not necessarily quality, quantity*



Versatile pears add
texture and flavor
to these elegant,
easy dishes

a perfect pear dinner

BY CATHERINE WALSHORE • PHOTOGRAPHY BY KELLEY • HILLER

FRESH PEARS ARE A HANDS-DOWN FALL FAVORITE, too probably enjoy them as lunch boxes and fruit bowls, but don't neglect them. One thing that stands out about seasonal pears is their versatility in the kitchen. Their sweet, firm texture—which is slightly firm when raw and almost creamy when cooked—can enhance salads, soups, entrées, and desserts. Unlike apples, pears can be enjoyed at various stages of ripeness. "Some people like them crisp, and some like them really juicy, almost peach-like in the way they drop," says Charles Ward, of M.G. Ward and Sons apple and pear farm in New York's Hudson Valley. Ward has been running the day-to-day operations for the past three years, but has worked on the farm since he was 10. His father owns the business, but mother runs the retail end.

Hood 23 is a fifth-generation grower in the farm, which delivers pears to over 1,000 retail stores. "We've been farming in the same location for more than 200 years," he says. A long tenure like that pays off in remarkable fruit, because pear trees take years to produce. As your favorite pear is "two-plus years for harvest."

Each year, the Ward farm harvests about 10,000 bushels of pears. They grow better-known varieties like the ultra-sweet, sockful, juicy Comice, Anjou, Bosc, and Bartlett, as well as lesser-known varieties such as Red Chappo, with bright red cheeks, and D'Anjou, a long, slinky pear. This is a great time of year to try a different variety or two—and to new ways there are some recipes that make the most of pears as an elegant but easy last-course dinner.

ROASTED PEAR SALAD AND PECAN-GOBLET CHEESE BALLS

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 40 MINUTES

Asparagus works nicely for roasting, as they caramelize and soften without getting mushy. Recipe may be halved.

- 3 pears (peeled, halved and cored)
- 2 tsp olive oil
- ¼ tsp salt
- 4 oz goat cheese
- 3 Tbsp balsamic vinegar
- ½ tsp honey
- 1 tsp finely minced shallot
- 3 Tbsp extra virgin olive oil
- ½ tsp salt
- 1 (8-oz) pkg. (Kraft®) Pecan® Original Bitty Kringle
- 4 cups (1 small bowl) blue or blackberries, washed, dried, and/or left to sit in juice

1 Preheat oven to 375°F. Spray a baking sheet with vegetable-cooking spray. Roast pears with olive oil and place on baking sheet with cut sides down. Bake 15 minutes; until pears can be easily pierced with a fork and the bottoms are browned. Set aside. (Pears may be roasted up to a day in advance. Re-heat in a sealed container and reheat for 5 to 10 minutes before serving.)

2 While pears roast, heat pecans in a medium skillet over medium heat. Heat just until pecans give off a toasted aroma and shatter slightly about 10 to 15 minutes. Turn and slightly shake chips every 5 minutes. Transfer to a small bowl. & Rub your hands with olive oil or spray with vegetable-cooking spray. Roll goat cheese into 8 balls, then roll each ball in the nuts or completely cover, pressing to get a

dozenth-coating. Place cheese balls on a plate and on side (May be prepared a day in advance. Refrigerate in a sealed container and ready to serve.)

4 Slide the dressing. In a large bowl whisk together vinegar, honey, shallot, olive oil and salt. Just before serving, add shallots and lettuce and toss to coat the greens with dressing. Divide greens among 4 salad plates. Top each with a pear, pear half and pecan cheese ball in the center of the plate. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
250 CALORIES, 10% CALORIES FROM FAT, 10% FROM
PROTEIN, 60% FROM CARBS. 10% FROM FIBER,
10% FROM SUGAR, 10% FROM SODIUM.

PEAR-BUTTERNUT SQUASH SOUP WITH CHOCOLATE DRIZZLE

SERVES 4

ACTIVE TIME: 40 MINUTES

TOTAL TIME: 1 HOUR 15 MINUTES

Chocolate complements the natural sweetness of butternut squash and pears. May be frozen (without the garnishes).

- 2 Tbsp. olive oil divided
- 2 sweet potatoes
- 1 medium butternut squash, peeled and sliced (about 1 1/2 lbs.)
- 2 clove garlic minced
- 2 Tbsp. minced fresh ginger divided
- ½ cup water
- 1 tsp salt or to taste
- 3 just ripe pears, peeled and sliced
- ½ cup ground cinnamon
- 2 Tbsp. chopped dark chocolate or semi-sweet chocolate chips
- 1 Tbsp. light cream

1. Preheat oven to 350°F. Line a baking sheet with parchment or paper or spray with vegetable-cooking spray.
2. Place 4 cups of the oil in a large pot over medium heat. Add onions and squash and sauté 10 minutes, stirring occasionally. Set in



PEAR-BUTTERNUT SQUASH SOUP WITH CHOCOLATE DRIZZLE



PEARS ARE HEALTHY

Pears are a nutrient-dense, healthy fruit that have a large amount of vitamins, minerals and fiber. They're a good source of dietary fiber, potassium and vitamin C. Plus, the naturally sweet fruit makes for a satisfying and healthy snack or dessert.

Pears with
pecan-covered
mini cheese balls
look impressive,
and they're easy
to make.

(SERVES FOUR SMALL AND FIVE MEDIUM BALLS)



peels and 1. Toss all the ginger and onion in additional vinegar. Add water and salt, bring to a boil over high heat, then lower heat and simmer, partially covered, 15 to 20 minutes, until the squash is easily pierced with a fork.

3. While squash is cooking, heat pine with extra-virgin olive oil and sauté onion and leeks 2 to 3 minutes. Add remaining 1 Tbsp ginger. Place on prepared baking sheet and bake 20 to 25 minutes until tender but moist.

4. Slice 12 pear slices for garnish, add the remaining slices to the squash. Place using a blender, food processor, or immersion blender. Keep warm in a pot over low heat.

5. Microwave chocolate and small bowl on high for 1 minute. Stir and heat 30 to 60 seconds more if not fully melted. Stir on half the cream, adding more if necessary until the chocolate reaches a pouring consistency.

6. To serve, ladle hot soup into 6 bowls, top 2 pear slices on top of each and drizzle with chocolate sauce.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER CUP (100 GRAMS): 100 CALORIES, 20 CARBOHYDRATE, 10 PROTEIN
POINTS (40 CALORIES/10 CARBOHYDRATE)
1 CUP (250 GRAMS) 40 POINTS

PEAR CHOPS WITH PALL PEAR CHUTNEY

SERVES 6
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 TO 45 MINUTES



WINE PAIRING

Choose a sweet wine to go with both the fruit, which has an element of tartness, or the wine will serve well for the pear bread toast. Try the apple-cranberry Bannock biscuits, which has a sweet, refreshing flavor. A crisp white like pinot gris or Pinot blanc works well. Harvest Hill's Riesling, with its balanced, tropical aromas and apple/cranberry flavors, because pears like green goosehead aromatics, is a good choice. You could also consider a red match, such as the smooth, velvety or spicy Pinot Noir, which is Pinot Noir blending with cherry and raspberry flavors.

PEAR VARIETIES

Anjou — Dark and juicy, sometimes more sweet and juicy, with a firm texture and intense flavor, perfect for cooking or roasting. Apples are delicious eaten fresh or sliced for salads.

Bosc — Also called Calmar pear or apple pear, often used in French cuisine. Bosc pears are perfect for eating fresh, slicing for salads or even grilling.

Bartlett — The most popular variety. Bartlett's ripen from green to yellow and hold up well when baked, steamed, or cooked.

Bosc — Light green and pear-shaped, with a classic pear shape. The flesh has a sweet, robust flavor and is tender. Bosc is best suited for juicing, cooking, and eating pear halves.

Bosc — More rounded than other pears, with a juicy, sweet and a slightly fibrous texture. Bosc is best suited for juicing, cooking, and eating pear halves.

Bosc — Also called sugar pear, these soft-textured, sweet-tasting mild pears can be eaten raw or baked into French toast. They're often planted and used as a garnish.



The chutney works best using any type of pear in a cup of pear. Use pears that are slightly firm or just barely ripe, so the chutney keeps some shape. Some white-brown red mixed with some almonds and creamed pears. Recipe may be baked and may be frozen.

1. Top slice of bread
2. Top slice of bread
3. Top slice of bread
4. Top slice of bread
5. Top slice of bread
6. Top slice of bread
7. Top slice of bread
8. Top slice of bread
9. Top slice of bread
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11. Top slice of bread
12. Top slice of bread
13. Top slice of bread
14. Top slice of bread
15. Top slice of bread
16. Top slice of bread
17. Top slice of bread
18. Top slice of bread
19. Top slice of bread
20. Top slice of bread

1. In a medium saucepan, heat 2 cups oil over medium heat and cook onion until translucent, 5 minutes. Stir in ginger and cook another 2 minutes. Add vinegar, brown sugar, maple syrup, allspice, and salt and bring to a boil. Add pears and reduce heat and cook on medium-low heat 1 to

2 minutes, until pears are slightly tender but not mushy. Turn off heat. Cut 12 of the green leaves into thin slices and use for the chutney. Use chutney as a garnish, or thicken a bit while you cook the pears.

2. Preheat oven to 375°F.

3. Bake pears on baking sheet with remaining 2 cups oil and salt and pepper. Heat a large nonstick skillet over medium-high heat. Put pear pears 4 to 5 minutes per side, cooking in batches if needed to avoid overcrowding. Check doneness using an instant-read thermometer. Thick brownish chops may be done cooking at that point — the thermometer should read 140°F to 145°F. Thicker chops will need more cooking. If additional cooking is needed, spray a baking sheet with vegetable cooking spray, place chops on it, and finish cooking in the oven for 12 to 13 minutes, depending on the thickness, or until the thermometer reads 140°F to 145°F.

4. To serve, place chops on 6 plates. Spoon the warm chutney over one side of the pork. Garnish with a whole small leaf.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER CUP (100 GRAMS): 100 CALORIES, 20 CARBOHYDRATE, 10 PROTEIN
POINTS (40 CALORIES/10 CARBOHYDRATE)
1 CUP (250 GRAMS) 40 POINTS

A close-up photograph of a slice of apple pie. The pie has a golden-brown crust and is filled with chunks of apples and small pieces of cinnamon. It is topped with a generous dollop of white whipped cream. Three fresh raspberries are placed next to the slice on a white plate. The plate is set on a red cloth napkin, which is placed on a rustic wooden surface. A silver fork is visible on the left side of the plate.

This concert series can be made with any type of music. It's been around forever. Give it a try.

- A pipe getting jammed and clogged about 1/4 inch thick
- B the bottom seat
- C the brick toilet seat
- D the ground seager
- A the ground dimension
- A cup (U) thick unsalted butter
- B cup milk
- C eggs
- D cups of purple flour
- A cup baking powder
- C cup baking soda
- B cup sugar
- D salt
- C use back in dried cranberries

3. Preheat oven to 350°F. Spray a 9-inch round cake pan with vegetable cooking spray. Stir in a medium bowl one piece with lemon zest, lemon juice, ginger and cinnamon. Set aside.

4. In a medium saucepan, melt the butter. Remove from heat and cool 5 minutes. Whisk in the milk and eggs.

5. In a large mixing bowl, combine flour, baking powder, baking soda, sugar and salt and mix well. Add the butter mixture and stir to combine. Gently stir in the strawberries and the puree mixture.

6. Pour batter into prepared pan. Bake in 350°F for 15 to 40 minutes. Small cakes are pale gold and a needlepoint inserted in the center comes out clean. Cook 5 minutes on a wax melt. Carefully transfer to a serving plate. Serve warm or at room temperature, garnished with sliced almonds (if desired).

Calvinine Robinson is the author of a non-fiction novel about his own life and work.

Plant Power

Reap the nutritional benefits of seasonal vegetables

BY KITT Y. BACHES, MS, RD PHOTOGRAF BY JEFFREY M. SMITH

When all heard the conventional wisdom that leafy-green vegetables are healthy but in actual cases, the opposite is true: phytochemicals—the powerful natural chemicals that plants produce themselves—are actually good for us.

Spinach, a plant in the *Asteraceae* and, technically a phytochemical can be any plant chemical. In nutrition and health circles, however, the term refers to the plant compounds that give us physiological benefits. It's not just the presence of phytochemicals that makes fruits and vegetables so healthy for us—fiber, vitamins, and minerals also contribute. Still, research has uncovered associations between certain phytochemicals and the prevention or treatment of major diseases including cancer, cardiovascular disease, and diabetes.

Color Connections

When it comes to benefiting from phytochemicals, "eating a rainbow" is the way to go. Why? Color is a good indicator of phytochemical content—many of the pigments that give fruits and veggies their color are phytochemicals. Generally, the more colorful your diet, the more likely you're getting a wide range of beneficial phytochemicals. The table on the next page describes some of the most commonly found phytochemicals and the colorful foods they're found in, like those in our menu of phytochemical-rich recipes. Carrots, beets, and Brussels sprouts feature deep reds and dark greens; fallow is up with Garlicy Spinach-Stuffed Salmon. Roastate bursting with phytochemicals: fiber and other nutrients. Pumpkin (pumpkin seeds) is a fall classic loaded with orange phyto power—from pumpkin apurins and orange juice.

The study of phytochemicals is new and the scope of their benefits is still being explored. There is no recommended intake of phytochemicals, but experts do suggest eating at least two servings per day of fruits and three of vegetables.

GARLICY SPINACH-STUFFED

SALMON

SERVES 4

ACTIVE TIME 15 MINUTES

TOTAL TIME 35 MINUTES

Spinach and salmon taste great together and are super nutritious. Preparing fish isn't daunting? Not a chance with this easy yet impressive recipe. Serve with a side of brown rice. Recipe may be halved.

1. Mince 1 bag frozen chopped spinach, 12 oz.
2. Cook 1 lb. fresh fat (farmed/tilapia) salmon steaks.
3. Top with olive oil.
4. Cook 1/2 cup (1/2 cup) green onions, minced.
5. Add 1/2 cup (1/2 cup) salmon fillets.



FOR YOUR HEALTH

- 1 Top: Tasty of Inspirations® Garlic Dressing (2)
- 2 Top: Inspirations® Fisherman's Mix (1/2 cup)
- 3 Top: Spiced Parmesan cheese

1 Preheat oven to 350°F. Spray a 9-inch square pan with vegetable cooking spray.

2 Cover the whole plate spinach in a stew and press down to separate out as much water as possible. Place spinach spread on a medium level. Add blackwell-chives, garlic and scallions and mix to mix well, set aside.

3 Using a sharp knife, cut each fillet in half crosswise, making two pieces of approximately equal size. Place one salmon piece in the baking dish. Spread a quarter of the spinach mix over the salmon piece, then top spinach with the other half of the salmon fillet, arranging the fish so that the thin part of the fillet is balanced with a thicker part on top. (Doesn't get too thin part together on the next product) will be separated and may cook unevenly. Repeat with remaining fillets until all four are stuffed.



salmon, blackwell-chives, garlic and scallions

4 Broil the top of each portion with 1/2 cup of the garlic oil. Bake spinach with a pinch of the rub and 1/4 cup Parmesan cheese. Bake for 12 to 15 minutes or until fish is cooked through. Fish should be just barely opaque and will continue cooking for a few minutes. Let rest 7 minutes, then serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 250 CALORIES, 15g CARBOHYDRATE, 10g FIBER, 10g FAT, 10g PROTEIN, 10g SODIUM, 10g SUGAR, 10g TOTAL FAT, 10g TOTAL SUGAR, 10g TOTAL FAT.

BEETS, BEANS, AND CHICKS WITH CRANBERRY DRESSING

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 45 MINUTES

This beautiful salad, packed with beneficial phytochemicals from the roots, beans, greens, and onion, garlic, cranberries, and onion, is both easy and easy to make. The delicious cranberry sauce, both green and brown, dressing may be prepared a day in advance and stored in airtight container, refrigerated.

Coasting

- 1 Prep: olive oil
- 2 Prep: cranberry juice cocktail
- 3 Prep: balsamic vinegar
- 4 Top: blackwell-chives
- 5 Top: freshly ground black pepper

Guide to Phytochemicals

Phytochemicals are found throughout fruits and vegetables, but many are concentrated in the skin, so skip peeling your produce. Instead, thoroughly wash or scrub your fruits and veggies before eating—even if they're organic.

PHYTOCHEMICAL	PHYTOCHEMICAL	PHYTOCHEMICAL	PHYTOCHEMICAL	PHYTOCHEMICAL
<ul style="list-style-type: none"> • Lycopene • Anthocyanins • Flavonoids and tannins • Elagic acid • Resveratrol 	<ul style="list-style-type: none"> • Alpha-linolenic acid • Carotenoids • Flavonoids 	<ul style="list-style-type: none"> • Flavonoids • Indoles • Isoflavonoids • Amino acids • Glucosinolates 	<ul style="list-style-type: none"> • Flavonoids • Anthocyanins • Elagic acid • Resveratrol 	<ul style="list-style-type: none"> • Flavonoids • Lignans • Isoflavonoids
May help fight cancer and heart disease	May help fight cancer	May boost immunity and help fight cancer and heart disease	May help fight cancer and heart disease	May boost immunity and eye health and help fight cancer
<ul style="list-style-type: none"> • Flavonoids and tannins • Polyphenols 	<ul style="list-style-type: none"> • Citrus fruits and juices • Pumpkin and winter squash • Peas • Peaches and nectarines • Cauliflower • Carrots 	<ul style="list-style-type: none"> • Garlic • Citrus • Onions • Broccoli and cauliflower • Red chives and cabbage • Brussels sprouts 	<ul style="list-style-type: none"> • Beets • Berries • Cherries • Grapes (including grape juice and wine) • Raisins 	<ul style="list-style-type: none"> • Onions • Green peppers • Avocado • Rice



Whole Grains – Delicious and Nutritious!

Have you had your whole grains today? You may have and not even know it! Popcorn, that tasty bowl of oatmeal, high fiber cereal... all are whole grains! All types of grains are good sources of complex carbohydrates, vitamins, and minerals, and are naturally low in fat. But grains that haven't been refined – called whole grains – are even better for you. Whole grains are good sources of fiber and other important nutrients, such as selenium, potassium, and magnesium. So whenever you can, choose whole grains over refined. Experts recommend that whether you're a man or woman, young or old, at least half the grains you eat should be whole.

Seem like a hard task? Here are some simple ways to increase whole grains in your diet:

- Use half white and half whole flour when making baked goods.
- Use a handful of seeds into your salads for a quick, crunchy snack.
- Try substituting a high fiber cereal (such as Raisin Bran® cereal) – at meals with whole grains for your usual first or last choice.
- Substitute brown rice for white rice.
- Pop breads with the most whole grains (whole grains with over 100% or more). Golden Buns.

Eating at least three servings of whole grains per day can help you maintain a healthy weight, while reducing your risk of diseases such as diabetes, heart disease and colon cancer.

Sunday Best

Make time for a leisurely meal — and start a new family tradition.

RECEIVED: 12/15/2004; REVISED: 1/12/2005; ACCEPTED: 1/12/2005.

There's almost nothing relaxing about the whole idea of Sunday classes. It's that second day of the weekend that you have to come to prepare the day before, away from the house, pace of the workweek. And because Sunday classes generally start early, until 10 a clock or later, you can put together a great meal without having to put on a shirt.

"We've created a dinner menu that makes the most of organic, flavorful and local ingredients" products, such as a cornucopia of house beef with Wild Mushroom Sauce, Lighter Rice Chicken. Michael Persson told a dining critic to "eat meat and potatoes once, and we offer suggestions for substantial veggie sides. Michael Persson's Pudding makes a rich and creamy—no, really, no this is not to be missed."

ROAST BEEF WITH RED MUSHROOM SAUCE

[View all posts by](#) [David H. Freedman](#)

Dried porcine mushrooms give this dish a deep, meaty flavor. If you don't want to use alcohol in the sauce, use 1 additional cup of beef broth instead. Serve leftover meat loaf in sandwiches with tangy sauerkraut. **Shrimp:** Recipe may be frozen. **Chowder:** Use 1 and 1/2 cups milk instead of 1.

1. 8 OZ. pkg. dried porcini mushrooms
Salvo salted/cracked
2. 1 cup boiling water
3. 10oz. Inspiration! Deli's Topping (3/4
of recipe)
4. 1/2 1/2 lb. Inspiration! Boneless Asparagus
10oz. (1/2 lb.)
5. 10oz. Inspiration! Boneless Tofu
10oz. (1/2 lb.)
6. 1/2 1/2 lb. Inspiration! Boneless Tofu
10oz. (1/2 lb.)

- | | | | |
|-----|--|---|---|
| 4 | an ornate mandorla, placed in North Africa | 1 | the first marriage, which is also not a Christian tradition |
| 3.8 | the white-like mandorla (large stone mandorla) | 1 | the mandorla |
| 3 | the first mandorla (large stone mandorla) | 1 | the first mandorla (large stone mandorla) |
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Abstract

Our Sunday Dinner offers a light bite on an elegant menu. The "Tender Ribsteaks" with Horseradish Sauce, Top-Grained Beef is a delicious full meal with our signature, homemade Baking Beans, spiced with the succulent, smoky, Brined Pudding, topped with a splash of house-made, and full-on house-made, the delicious House without adding a lot of extra.



100

INSPIRATIONS

make proteinous pudding? Add gelatin, blue cheese dressing, sour cream, Monterey jack, pepper, and 2 Tbsp. of the blue cheese into well to combine.

3. Traveler washed peas: to a serving bowl. Garnish with scattering 2 Tbsp. blue cheese and peas. Serve warm.

APPROXIMATE NUTRITIONAL VALUES (PER SERVING):
176 CALORIES, 16% CALORIES FROM FAT, 16% PROTEIN,
30% CARB, 5% FIBER, 10% SODIUM, 10% FIBER.

MUCH AHEAD FRASING

SERVING SIZE: 12
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 MINUTES

This rich, creamy bread pudding is best served warm out of the oven. It can be prepared up to a day in advance, covered and refrigerated, and then put in the oven just before dinner. For a truly indulgent treat, serve with additional chocolate topping on the side.

- 1. 1 cup chocolate chips (Chocolate Topping)
- 2. 1 cup strong coffee or coffee flavored liqueur (such as Kahlua)
- 3. 1 cup eggs
- 4. 1 cup unsweetened cocoa powder
- 5. 1/2 cup 1/2 cup evaporated milk
- 6. 1 cup melted butter
- 7. 1 cup vanilla extract
- 8. 1/2 cup blue cheese (Peas) (Optional)
- 9. 1/2 cup eggs
- 10. 1 cup mild processed cheddar cheese

Optional Garnishes

- Chocolate Topping
- Coffee flavoured liqueur
- Optional: Chocolate Cheese Topping

1. Preheat oven to 350°F. Spray a 9-by-13 inch baking pan with vegetable cooking spray.
2. In a medium saucepan, whisk together the chocolate topping, with coffee or liqueur. Reduce to sugar and cream. Heat over



INSPIRED VEGETABLES

Add some green to your plate with these "inspired" sides.

- 1. Cook 2 lbs. broccoli sprouts with oil, salt, and pepper. Bake in oven at 350°F for 30 to 40 minutes, until outer leaves are browned. Garnish with fresh lemon juice.
- 2. Steam green beans, then toss with a little olive oil and salt. Garnish with fresh lemon juice.
- 3. Toss 1/2 cup broccoli florets with 1/2 cup olive oil, salt, and pepper. Bake in oven at 350°F for 30 to 40 minutes, until outer leaves are browned. Garnish with fresh lemon juice.

low heat. Gradually whisk in evaporated milk, making sure mixture is smooth and chocolate is well blended with the milk. Remove to medium and heat until turning up about 1/2 F. Remove. Remove from heat and whisk in cheddar cheese and vanilla.

3. Then crumb from 13 slices of bread, then cut into 1/2 inch cubes. Then the oil be 8 cups of bread cubes. If needed, use up

an additional 2 cups. Place bread cubes in prepared pan.

4. In a large bowl, whisk eggs. Gradually whisk in 1/2 cup of the cream, then the mixture. Keep adding chocolate mixture 1/2 cup at a time, until 1/2 is added to each egg. Then whisk in the rest.

5. Then chocolate-egg mixture over bread cubes in pan. Let gently cooking until all the bread cubes are covered with mixture, and let rest 3 minutes. (Recipe may be prepared up to this point 1 day in advance. Cover and refrigerate until ready to bake. Remove from refrigerator 1 hour before putting in oven.)

6. When ready to bake, sprinkle chocolate chips over the surface. Bake at 350°F for 25 to 30 minutes, or until the surface is puffed up. If desired, add confectioners sugar lightly over the top. Serve warm, with a drizzle of coffee flavoured liqueur and a drizzle of warm evaporated cheddar cheese. Topping, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
176 CALORIES, 16% CALORIES FROM FAT, 16% PROTEIN,
30% CARB, 5% FIBER, 10% SODIUM, 10% FIBER.

CRISPER NEW HAMBURGERS WITH CUCUMBER SALAD (PAGE 100)



Fast Food at Home

From burgers and fries to dips and dessert, homemade is tastier, healthier — and cheaper

BY BARBARA HARRIS PHOTOGRAPHS BY TRAVIS COOK FOR

While it's all here close. Full days of work, school, and activities can leave home cooks incredibly short on time. And fast-food "dinner-thats" are always beckoning with an instant solution to dinner — so we give in. Sure, delicious burgers and fries make for a easy dinner, but the nutritional costs are high. With a few tricks added to your grocery list and a smidgen of planning, you can have

fast-food favorites at home — including dessert — minus much of the calories, fat, and sodium. Plus, meals at home usually come with a look-in bonus: They tempt families to gather around the table and share their views of the day.

A great first step to saving more whole-some meals is choosing foods that receive more under the Gaslight. Start using systems. The Produce department is a good place to

start, but you'll find foods with stars throughout Marooned rooms — even some snacks and dips. To save time, go for partially prepared foods and jazz them up with herbs and spices. In the mood for burgers? Add seasoning to premade turkey burgers — you'll save time and calories, and they're significantly lower in saturated fat than beef patties. Or skip perfectly prepared grilled frozen fish fillets, add homemade coating, and you'll

MEALS IN MINUTES

get the crunch of a fried-food fish sandwich without the upsurge of deep-frying.

Frozen fish are another fast-food staple and again, something across the day — we've pulled the grease out of our oven-baked fries and added them with pepper, paprika, and garlic. For a dinner that can be enjoyed without guilt, Carnegi Apple Crisp is a satisfying replacement for fried apple turnovers.

If you're looking for budget-friendly options, cooking at home is your best bet. Just think your expenses for a few weeks and you'll likely find that you can cut in for half the cost of dining out. Having a plan for a week's worth of "lean food" dinners will help you create a grocery list that will keep you focused both on the store and at home. Once you have the foods for your planned meals at your kitchen, you'll be much more likely to prepare them. You might substitute burgers on Tuesday, pasta on Tuesday, and so on. Our Crispy Fish Sandwiches are perfect for cooked nights and can be on the table in less than 30 minutes.

Dinner can be a group effort: someone sets the table, someone chops, someone cleans up. Once you get into a rhythm of meal planning and shared work, cooking at home can become a creative part of your day that requires minimal effort and brings rewards that go very beyond calorie counts. If you can slice a potato and turn on the oven, you're well on the way to better health and peace of mind with family and friends. Fast food — and fast-food eaters — be gone.

CRISPY FISH SANDWICHES WITH LIGHTER TARTAR SAUCE

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

These crispy fillets are also great served as a Carnegi salad. Frozen fish fillets are the perfect star for sandwiches. The tartar sauce can be made up to two days in advance and refrigerated until needed. Recipe may be halved.

Tartar Sauce

1. Fish reduced-fat mayonnaise
2. Tbsp. minced pickled onion
3. Tsp. salt and pepper

- 1/4. Tsp. freshly ground black pepper
1. Tsp. fresh lemon juice
1. Tbsp. creamy cheddar (optional, creamy preferred)

Fish Sandwiches

2. (14-oz) bag frozen codfish fillets, cut into 4 equal portions (each is 1/4 of the batch)
- 1/4. Dried onion (optional)
- 1/4. Capers (optional)
1. Tbsp. tomato oil
1. Jarred tomatoes (all use, not to be used with heat)
1. White whole wheat flour (optional)
1. Tomato, finely sliced (optional)

1. Prepare the tartar sauce. Combine all listed ingredients in a medium mixing bowl and whisk until evenly blended and smooth. Refrigerate, covered, until needed.
2. Place frozen fish fillets on a plate and microwave on the defrost setting for 3 minutes. In a shallow bowl, combine potato and cornflake crumbs. Mix until evenly blended. Firmly press all sides of each fillet into the crumb mixture.
3. Heat oil in a large sauté or skillet over medium heat. When hot, coat the oil in the pan, place fillets into skillet

and cook, undisturbed for 3 minutes and 4 minutes. Flip fillets and continue to cook 2 to 3 minutes until both are cooked through.

4. To serve, place 2 pieces crumble on the bottom of each bun. Top with fish, tomato slices if using, and 2 Tbsp. tartar sauce. Cap with egg bun and serve.

approximately 1/4 cup tomato oil is required per sandwich. Use CARBONATED BEVERAGES AND DO NOT USE CARBONATED BEVERAGES, CARBONATED BEVERAGES.

OVEN FRIES WITH GARLIC DIPPING SAUCE

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

The secret to these fries is that potato wedges and a very hot oven. Recipe may be halved.



WITH CARBONATED BEVERAGES

Don't eat a car! If you're eating fish sandwiches or burgers, enjoy with a satisfying Carbonated Beverage.





2. 1 lb. russet potatoes (about 2 large or 4 small)
1. 1/2 cup 1/2 cup of Inspirations® Garlic Dressing (1/2 cup)
- 1/2 cup freshly squeezed lemon juice
- 1/2 cup kosher salt, or to taste
- 1/2 cup coleslaw

Garlic Dressing (optional)

- 1/2 cup kosher salt, or to taste
- 1/2 cup freshly squeezed lemon juice
- 1/2 cup coleslaw
- 1/2 cup coleslaw

1. Preheat oven to 450°F. Spray a baking sheet with vegetable cooking spray.
2. Scrub potatoes very well and pat dry. Cut each potato lengthwise into 10 thin wedges. Place in a large mixing bowl.

3. Drizzle oil over the potatoes and mix, making sure that every wedge is coated with oil. Sprinkle with pepper salt and paprika and toss until evenly coated with the seasonings.

4. Place wedges in a single layer on the prepared baking sheet. Bake 30 minutes. Flip fries over and return to oven for 15 more minutes, or until golden. Serve hot.

5. While the fries bake, make the garlic dipping sauce. If desired, in a small bowl combine all sauce ingredients and whisk until smooth. Serve as a cooled condiment on the fries until ready to eat. Serve sauce on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (8 CALORIES): 100 CALORIES, 10g CARBOHYDRATE, 10g FIBER, 10g PROTEIN, 10g FAT, 10g SUGAR, 10g SODIUM, 10g TOTAL FAT, 10g CHOLESTEROL, 10g ALCOHOL, 10g VITAMIN C, 10g VITAMIN E, 10g VITAMIN K, 10g VITAMIN A, 10g VITAMIN B, 10g VITAMIN D, 10g VITAMIN F, 10g VITAMIN G, 10g VITAMIN H, 10g VITAMIN I, 10g VITAMIN J, 10g VITAMIN L, 10g VITAMIN M, 10g VITAMIN N, 10g VITAMIN O, 10g VITAMIN P, 10g VITAMIN Q, 10g VITAMIN R, 10g VITAMIN S, 10g VITAMIN T, 10g VITAMIN U, 10g VITAMIN V, 10g VITAMIN W, 10g VITAMIN X, 10g VITAMIN Y, 10g VITAMIN Z, 10g VITAMIN AA, 10g VITAMIN AB, 10g VITAMIN AC, 10g VITAMIN AD, 10g VITAMIN AE, 10g VITAMIN AF, 10g VITAMIN AG, 10g VITAMIN AH, 10g VITAMIN AI, 10g VITAMIN AJ, 10g VITAMIN AK, 10g VITAMIN AL, 10g VITAMIN AM, 10g VITAMIN AN, 10g VITAMIN AO, 10g VITAMIN AP, 10g VITAMIN AQ, 10g VITAMIN AR, 10g VITAMIN AS, 10g VITAMIN AT, 10g VITAMIN AU, 10g VITAMIN AV, 10g VITAMIN AW, 10g VITAMIN AX, 10g VITAMIN AY, 10g VITAMIN AZ, 10g VITAMIN BA, 10g VITAMIN BB, 10g VITAMIN BC, 10g VITAMIN BD, 10g VITAMIN BE, 10g VITAMIN BF, 10g VITAMIN BG, 10g VITAMIN BH, 10g VITAMIN BI, 10g VITAMIN BJ, 10g VITAMIN BK, 10g VITAMIN BL, 10g VITAMIN BM, 10g VITAMIN BN, 10g VITAMIN BO, 10g VITAMIN BP, 10g VITAMIN BQ, 10g VITAMIN BR, 10g VITAMIN BS, 10g VITAMIN BT, 10g VITAMIN BU, 10g VITAMIN BV, 10g VITAMIN BW, 10g VITAMIN BX, 10g VITAMIN BY, 10g VITAMIN BZ, 10g VITAMIN CA, 10g VITAMIN CB, 10g VITAMIN CC, 10g VITAMIN CD, 10g VITAMIN CE, 10g VITAMIN CF, 10g VITAMIN CG, 10g VITAMIN CH, 10g VITAMIN CI, 10g VITAMIN CJ, 10g VITAMIN CK, 10g VITAMIN CL, 10g VITAMIN CM, 10g VITAMIN CN, 10g VITAMIN CO, 10g VITAMIN CP, 10g VITAMIN CQ, 10g VITAMIN CR, 10g VITAMIN CS, 10g VITAMIN CT, 10g VITAMIN CU, 10g VITAMIN CV, 10g VITAMIN CW, 10g VITAMIN CX, 10g VITAMIN CY, 10g VITAMIN CZ, 10g VITAMIN DA, 10g VITAMIN DB, 10g VITAMIN DC, 10g VITAMIN DD, 10g VITAMIN DE, 10g VITAMIN DF, 10g VITAMIN DG, 10g VITAMIN DH, 10g VITAMIN DI, 10g VITAMIN DJ, 10g VITAMIN DK, 10g VITAMIN DL, 10g VITAMIN DM, 10g VITAMIN DN, 10g VITAMIN DO, 10g VITAMIN DP, 10g VITAMIN DQ, 10g VITAMIN DR, 10g VITAMIN DS, 10g VITAMIN DT, 10g VITAMIN DU, 10g VITAMIN DV, 10g VITAMIN DW, 10g VITAMIN DX, 10g VITAMIN DY, 10g VITAMIN DZ, 10g VITAMIN EA, 10g VITAMIN EB, 10g VITAMIN EC, 10g VITAMIN ED, 10g VITAMIN EE, 10g VITAMIN EF, 10g VITAMIN EG, 10g VITAMIN EH, 10g VITAMIN EI, 10g VITAMIN EJ, 10g VITAMIN EK, 10g VITAMIN EL, 10g VITAMIN EM, 10g VITAMIN EN, 10g VITAMIN EO, 10g VITAMIN EP, 10g VITAMIN EQ, 10g VITAMIN ER, 10g VITAMIN ES, 10g VITAMIN ET, 10g VITAMIN EU, 10g VITAMIN EV, 10g VITAMIN EW, 10g VITAMIN EX, 10g VITAMIN EY, 10g VITAMIN EZ, 10g VITAMIN FA, 10g VITAMIN FB, 10g VITAMIN FC, 10g VITAMIN FD, 10g VITAMIN FE, 10g VITAMIN FF, 10g VITAMIN FG, 10g VITAMIN FH, 10g VITAMIN FI, 10g VITAMIN FJ, 10g VITAMIN FK, 10g VITAMIN FL, 10g VITAMIN FM, 10g VITAMIN FN, 10g VITAMIN FO, 10g VITAMIN FP, 10g VITAMIN FQ, 10g VITAMIN FR, 10g VITAMIN FS, 10g VITAMIN FT, 10g VITAMIN FU, 10g VITAMIN FV, 10g VITAMIN FW, 10g VITAMIN FX, 10g VITAMIN FY, 10g VITAMIN FZ, 10g VITAMIN GA, 10g VITAMIN GB, 10g VITAMIN GC, 10g VITAMIN GD, 10g VITAMIN GE, 10g VITAMIN GF, 10g VITAMIN GG, 10g VITAMIN GH, 10g VITAMIN GI, 10g VITAMIN GJ, 10g VITAMIN GK, 10g VITAMIN GL, 10g VITAMIN GM, 10g VITAMIN GN, 10g VITAMIN GO, 10g VITAMIN GP, 10g VITAMIN GQ, 10g VITAMIN GR, 10g VITAMIN GS, 10g VITAMIN GT, 10g VITAMIN GU, 10g VITAMIN GV, 10g VITAMIN GW, 10g VITAMIN GX, 10g VITAMIN GY, 10g VITAMIN GZ, 10g VITAMIN HA, 10g VITAMIN HB, 10g VITAMIN HC, 10g VITAMIN HD, 10g VITAMIN HE, 10g VITAMIN HF, 10g VITAMIN HG, 10g VITAMIN HH, 10g VITAMIN HI, 10g VITAMIN HJ, 10g VITAMIN HK, 10g VITAMIN HL, 10g VITAMIN HM, 10g VITAMIN HN, 10g VITAMIN HO, 10g VITAMIN HP, 10g VITAMIN HQ, 10g VITAMIN HR, 10g VITAMIN HS, 10g VITAMIN HT, 10g VITAMIN HU, 10g VITAMIN HV, 10g VITAMIN HW, 10g VITAMIN HX, 10g VITAMIN HY, 10g VITAMIN HZ, 10g VITAMIN IA, 10g VITAMIN IB, 10g VITAMIN IC, 10g VITAMIN ID, 10g VITAMIN IE, 10g VITAMIN IF, 10g VITAMIN IG, 10g VITAMIN IH, 10g VITAMIN II, 10g VITAMIN IJ, 10g VITAMIN IK, 10g VITAMIN IL, 10g VITAMIN IM, 10g VITAMIN IN, 10g VITAMIN IO, 10g VITAMIN IP, 10g VITAMIN IQ, 10g VITAMIN IR, 10g VITAMIN IS, 10g VITAMIN IT, 10g VITAMIN IU, 10g VITAMIN IV, 10g VITAMIN IW, 10g VITAMIN IX, 10g VITAMIN IY, 10g VITAMIN IZ, 10g VITAMIN JA, 10g VITAMIN JB, 10g VITAMIN JC, 10g VITAMIN JD, 10g VITAMIN JE, 10g VITAMIN JF, 10g VITAMIN JG, 10g VITAMIN JH, 10g VITAMIN JI, 10g VITAMIN JJ, 10g VITAMIN JK, 10g VITAMIN JL, 10g VITAMIN JM, 10g VITAMIN JN, 10g VITAMIN JO, 10g VITAMIN JP, 10g VITAMIN JQ, 10g VITAMIN JR, 10g VITAMIN JS, 10g VITAMIN JT, 10g VITAMIN JU, 10g VITAMIN JV, 10g VITAMIN JW, 10g VITAMIN JX, 10g VITAMIN JY, 10g VITAMIN JZ, 10g VITAMIN KA, 10g VITAMIN KB, 10g VITAMIN KC, 10g VITAMIN KD, 10g VITAMIN KE, 10g VITAMIN KF, 10g VITAMIN KG, 10g VITAMIN KH, 10g VITAMIN KI, 10g VITAMIN KJ, 10g VITAMIN KK, 10g VITAMIN KL, 10g VITAMIN KM, 10g VITAMIN KN, 10g VITAMIN KO, 10g VITAMIN KP, 10g VITAMIN KQ, 10g VITAMIN KR, 10g VITAMIN KS, 10g VITAMIN KT, 10g VITAMIN KU, 10g VITAMIN KV, 10g VITAMIN KW, 10g VITAMIN KX, 10g VITAMIN KY, 10g VITAMIN KZ, 10g VITAMIN LA, 10g VITAMIN LB, 10g VITAMIN LC, 10g VITAMIN LD, 10g VITAMIN LE, 10g VITAMIN LF, 10g VITAMIN LG, 10g VITAMIN LH, 10g VITAMIN LI, 10g VITAMIN LJ, 10g VITAMIN LK, 10g VITAMIN LL, 10g VITAMIN LM, 10g VITAMIN LN, 10g VITAMIN LO, 10g VITAMIN LP, 10g VITAMIN LQ, 10g VITAMIN LR, 10g VITAMIN LS, 10g VITAMIN LT, 10g VITAMIN LU, 10g VITAMIN LV, 10g VITAMIN LW, 10g VITAMIN LX, 10g VITAMIN LY, 10g VITAMIN LZ, 10g VITAMIN MA, 10g VITAMIN MB, 10g VITAMIN MC, 10g VITAMIN MD, 10g VITAMIN ME, 10g VITAMIN MF, 10g VITAMIN MG, 10g VITAMIN MH, 10g VITAMIN MI, 10g VITAMIN MJ, 10g VITAMIN MK, 10g VITAMIN ML, 10g VITAMIN MM, 10g VITAMIN MN, 10g VITAMIN MO, 10g VITAMIN MP, 10g VITAMIN MQ, 10g VITAMIN MR, 10g VITAMIN MS, 10g VITAMIN MT, 10g VITAMIN MU, 10g VITAMIN MV, 10g VITAMIN MW, 10g VITAMIN MX, 10g VITAMIN MY, 10g VITAMIN MZ, 10g VITAMIN NA, 10g VITAMIN NB, 10g VITAMIN NC, 10g VITAMIN ND, 10g VITAMIN NE, 10g VITAMIN NF, 10g VITAMIN NG, 10g VITAMIN NH, 10g VITAMIN NI, 10g VITAMIN NJ, 10g VITAMIN NK, 10g VITAMIN NL, 10g VITAMIN NM, 10g VITAMIN NN, 10g VITAMIN NO, 10g VITAMIN NP, 10g VITAMIN NQ, 10g VITAMIN NR, 10g VITAMIN NS, 10g VITAMIN NT, 10g VITAMIN NU, 10g VITAMIN NV, 10g VITAMIN NW, 10g VITAMIN NX, 10g VITAMIN NY, 10g VITAMIN NZ, 10g VITAMIN OA, 10g VITAMIN OB, 10g VITAMIN OC, 10g VITAMIN OD, 10g VITAMIN OE, 10g VITAMIN OF, 10g VITAMIN OG, 10g VITAMIN OH, 10g VITAMIN OI, 10g VITAMIN OJ, 10g VITAMIN OK, 10g VITAMIN OL, 10g VITAMIN OM, 10g VITAMIN ON, 10g VITAMIN OO, 10g VITAMIN OP, 10g VITAMIN OQ, 10g VITAMIN OR, 10g VITAMIN OS, 10g VITAMIN OT, 10g VITAMIN OU, 10g VITAMIN OV, 10g VITAMIN OW, 10g VITAMIN OX, 10g VITAMIN OY, 10g VITAMIN OZ, 10g VITAMIN PA, 10g VITAMIN PB, 10g VITAMIN PC, 10g VITAMIN PD, 10g VITAMIN PE, 10g VITAMIN PF, 10g VITAMIN PG, 10g VITAMIN PH, 10g VITAMIN PI, 10g VITAMIN PJ, 10g VITAMIN PK, 10g VITAMIN PL, 10g VITAMIN PM, 10g VITAMIN PN, 10g VITAMIN PO, 10g VITAMIN PP, 10g VITAMIN PQ, 10g VITAMIN PR, 10g VITAMIN PS, 10g VITAMIN PT, 10g VITAMIN PU, 10g VITAMIN PV, 10g VITAMIN PW, 10g VITAMIN PX, 10g VITAMIN PY, 10g VITAMIN PZ, 10g VITAMIN QA, 10g VITAMIN QB, 10g VITAMIN QC, 10g VITAMIN QD, 10g VITAMIN QE, 10g VITAMIN QF, 10g VITAMIN QG, 10g VITAMIN QH, 10g VITAMIN QI, 10g VITAMIN QJ, 10g VITAMIN QK, 10g VITAMIN QL, 10g VITAMIN QM, 10g VITAMIN QN, 10g VITAMIN QO, 10g VITAMIN QP, 10g VITAMIN QQ, 10g VITAMIN QR, 10g VITAMIN QS, 10g VITAMIN QT, 10g VITAMIN QU, 10g VITAMIN QV, 10g VITAMIN QW, 10g VITAMIN QX, 10g VITAMIN QY, 10g VITAMIN QZ, 10g VITAMIN RA, 10g VITAMIN RB, 10g VITAMIN RC, 10g VITAMIN RD, 10g VITAMIN RE, 10g VITAMIN RF, 10g VITAMIN RG, 10g VITAMIN RH, 10g VITAMIN RI, 10g VITAMIN RJ, 10g VITAMIN RK, 10g VITAMIN RL, 10g VITAMIN RM, 10g VITAMIN RN, 10g VITAMIN RO, 10g VITAMIN RP, 10g VITAMIN RQ, 10g VITAMIN RR, 10g VITAMIN RS, 10g VITAMIN RT, 10g VITAMIN RU, 10g VITAMIN RV, 10g VITAMIN RW, 10g VITAMIN RX, 10g VITAMIN RY, 10g VITAMIN RZ, 10g VITAMIN SA, 10g VITAMIN SB, 10g VITAMIN SC, 10g VITAMIN SD, 10g VITAMIN SE, 10g VITAMIN SF, 10g VITAMIN SG, 10g VITAMIN SH, 10g VITAMIN SI, 10g VITAMIN SJ, 10g VITAMIN SK, 10g VITAMIN SL, 10g VITAMIN SM, 10g VITAMIN SN, 10g VITAMIN SO, 10g VITAMIN SP, 10g VITAMIN SQ, 10g VITAMIN SR, 10g VITAMIN SS, 10g VITAMIN ST, 10g VITAMIN SU, 10g VITAMIN SV, 10g VITAMIN SW, 10g VITAMIN SX, 10g VITAMIN SY, 10g VITAMIN SZ, 10g VITAMIN TA, 10g VITAMIN TB, 10g VITAMIN TC, 10g VITAMIN TD, 10g VITAMIN TE, 10g VITAMIN TF, 10g VITAMIN TG, 10g VITAMIN TH, 10g VITAMIN TI, 10g VITAMIN TJ, 10g VITAMIN TK, 10g VITAMIN TL, 10g VITAMIN TM, 10g VITAMIN TN, 10g VITAMIN TO, 10g VITAMIN TP, 10g VITAMIN TQ, 10g VITAMIN TR, 10g VITAMIN TS, 10g VITAMIN TT, 10g VITAMIN TU, 10g VITAMIN TV, 10g VITAMIN TW, 10g VITAMIN TX, 10g VITAMIN TY, 10g VITAMIN TZ, 10g VITAMIN UA, 10g VITAMIN UB, 10g VITAMIN UC, 10g VITAMIN UD, 10g VITAMIN UE, 10g VITAMIN UF, 10g VITAMIN UG, 10g VITAMIN UH, 10g VITAMIN UI, 10g VITAMIN UJ, 10g VITAMIN UK, 10g VITAMIN UL, 10g VITAMIN UM, 10g VITAMIN UN, 10g VITAMIN UO, 10g VITAMIN UP, 10g VITAMIN UQ, 10g VITAMIN UR, 10g VITAMIN US, 10g VITAMIN UT, 10g VITAMIN UY, 10g VITAMIN UZ, 10g VITAMIN VA, 10g VITAMIN VB, 10g VITAMIN VC, 10g VITAMIN VD, 10g VITAMIN VE, 10g VITAMIN VF, 10g VITAMIN VG, 10g VITAMIN VH, 10g VITAMIN VI, 10g VITAMIN VJ, 10g VITAMIN VK, 10g VITAMIN VL, 10g VITAMIN VM, 10g VITAMIN VN, 10g VITAMIN VO, 10g VITAMIN VP, 10g VITAMIN VQ, 10g VITAMIN VR, 10g VITAMIN VS, 10g VITAMIN VT, 10g VITAMIN VU, 10g VITAMIN VV, 10g VITAMIN VW, 10g VITAMIN VX, 10g VITAMIN VY, 10g VITAMIN VZ, 10g VITAMIN WA, 10g VITAMIN WB, 10g VITAMIN WC, 10g VITAMIN WD, 10g VITAMIN WE, 10g VITAMIN WF, 10g VITAMIN WG, 10g VITAMIN WH, 10g VITAMIN WI, 10g VITAMIN WJ, 10g VITAMIN WK, 10g VITAMIN WL, 10g VITAMIN WM, 10g VITAMIN WN, 10g VITAMIN WO, 10g VITAMIN WP, 10g VITAMIN WQ, 10g VITAMIN WR, 10g VITAMIN WS, 10g VITAMIN WT, 10g VITAMIN WY, 10g VITAMIN WZ, 10g VITAMIN XA, 10g VITAMIN XB, 10g VITAMIN XC, 10g VITAMIN XD, 10g VITAMIN XE, 10g VITAMIN XF, 10g VITAMIN XG, 10g VITAMIN XH, 10g VITAMIN XI, 10g VITAMIN XJ, 10g VITAMIN XK, 10g VITAMIN XL, 10g VITAMIN XM, 10g VITAMIN XN, 10g VITAMIN XO, 10g VITAMIN XP, 10g VITAMIN XQ, 10g VITAMIN XR, 10g VITAMIN XS, 10g VITAMIN XT, 10g VITAMIN XU, 10g VITAMIN XV, 10g VITAMIN XW, 10g VITAMIN XX, 10g VITAMIN XY, 10g VITAMIN XZ, 10g VITAMIN YA, 10g VITAMIN YB, 10g VITAMIN YC, 10g VITAMIN YD, 10g VITAMIN YE, 10g VITAMIN YF, 10g VITAMIN YG, 10g VITAMIN YH, 10g VITAMIN YI, 10g VITAMIN YJ, 10g VITAMIN YK, 10g VITAMIN YL, 10g VITAMIN YM, 10g VITAMIN YN, 10g VITAMIN YO, 10g VITAMIN YP, 10g VITAMIN YQ, 10g VITAMIN YR, 10g VITAMIN YS, 10g VITAMIN YT, 10g VITAMIN YU, 10g VITAMIN YV, 10g VITAMIN YW, 10g VITAMIN YX, 10g VITAMIN YY, 10g VITAMIN YZ, 10g VITAMIN ZA, 10g VITAMIN ZB, 10g VITAMIN ZC, 10g VITAMIN ZD, 10g VITAMIN ZE, 10g VITAMIN ZF, 10g VITAMIN ZG, 10g VITAMIN ZH, 10g VITAMIN ZI, 10g VITAMIN ZJ, 10g VITAMIN ZK, 10g VITAMIN ZL, 10g VITAMIN ZM, 10g VITAMIN ZN, 10g VITAMIN ZO, 10g VITAMIN ZP, 10g VITAMIN ZQ, 10g VITAMIN ZR, 10g VITAMIN ZS, 10g VITAMIN ZT, 10g VITAMIN ZU, 10g VITAMIN ZV, 10g VITAMIN ZW, 10g VITAMIN ZX, 10g VITAMIN ZY, 10g VITAMIN ZZ.

TIME TABLE

- Preheat the oven.
- Wash, dry and cut potatoes for Oven Fries.
- Season the potatoes.
- Place potatoes in the oven.
- Core and slice apples.
- Prepare the apples (make the sauce).
- Assemble the Caramel Apple Krispies.
- When flipping the fries, place the apple rings in the oven.
- Prepare the Turkey Chasing or Lighter Tater or Sauce.
- When taking the fries out, turn the oven down to 350°F.
- Season the Turkey Burgers or bread the fish fillets.
- Cook burgers or Oven Fish Sandwiches.





ADAPTED FROM THE COOKBOOK BY JILL AND STEVE WILSON ©2004

Fast Food

Beef Burgers, Small French Fries with Ketchup, Apple Pie

- Total time: 45-55
- Total fat: 50g
- Total sodium: 2,500mg
- Total fiber: 8g

Notes

Beef Burgers, Oven Fries with Ketchup Sauce, Caramel Apple Crisp

- Total time: 40
- Total fat: 45g
- Total sodium: 940mg
- Total fiber: 15g

TURKEY BURGERS WITH TOMATO CHUTNEY

SERVE 4

ACTIVE TIME: 20 MINUTES
COOKING TIME: 20 MINUTES

Perennial turkey burgers are often well received, just like their beefy best friend counterparts, but with a hint of the salmon. Freshly flavored chutney stands out in the turkey burgers, but you may be fooled.

Chutney

1. Put 5 cups of well-washed dried tomatoes, drained
2. 1 cup tomatoes
3. 1 cup tomato paste
4. 1 cup ground cayenne pepper in a bowl
5. 1 cup onions
6. 1 cup heated oil
7. 1 cup fresh lemon juice
8. 1 cup sugar
9. 1 cup ketchup

THE BIG PICTURE

What for? It's a quick meal in a big way. Not familiar that fast? Turkey burgers have it from more than just a full plate. Healthy eating habits developed in childhood are likely to last a lifetime, and family mealtime is a great opportunity for parents to set a healthfully raised example by serving healthy foods. In addition, research shows that children who regularly eat dinner with their family do better in school and are less likely to try drugs or alcohol.

Burgers

1. 1 lb of 80% ground turkey burgers
2. 1 cup (approximately 1/2 cup) ketchup
3. 1 cup tomato paste
4. 1/2 cup onion
5. 1/2 cup tomato paste
6. 1/2 cup ketchup
7. 1/2 cup tomato paste
8. 1/2 cup tomato paste
9. 1/2 cup tomato paste
10. 1/2 cup tomato paste

1. Prepare the chutney: In a medium saucepan, simmer over medium heat, combine in medium saucepan: puree tomatoes, onions, tomato paste, and sugar and stir well. Bring to a simmer, then use in burger. Turn off heat.
2. Prepare the burgers: Spray a large oven-safe skillet with vegetable cooking spray. Heat over medium heat. When hot, add burgers to skillet and sprinkle top of each burger with 1/2 cup ketchup. Cook and broil for 5 minutes. Flip burgers and cook until cooked through, about 2 to 3 minutes.
3. To serve: Place two pieces tomatoes on bottom bun. Top with burgers. Sprinkle the chutney over the burgers and top with ketchup. Top with 1/2 cup ketchup and serve with remaining chutney in a bowl on the side. (Leftover chutney can be refrigerated in a sealed container for 5 days and used on another bun or served over a cooked steak.)

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER SERVING: 100g CARBOHYDRATE, 10g PROTEIN, 10g FAT, 10g FIBER, 10g SUGAR, 10g SODIUM, 10g CALORIES

CARAMEL APPLE CRISP

SERVE 4

ACTIVE TIME: 15 MINUTES
TOTAL TIME: 45 MINUTES (INCLUDING COOLING TIME)

Traditional apple pies are deep-fried and loaded with fat. This healthy version of traditional apple crisp has just the right combination of soft apples, warm caramel and crunchy oatmeal topping. May be baked and baked on a leaf pan or a bowl.

Notes: Make sure to use oatmeal crisp, not oatmeal topping, which is too thick for this dish.

4. Get on the apple pie: Cook and broil (if possible) 1/2 cup ketchup.
1. Top: 1/2 cup ketchup
2. Top: 1/2 cup ketchup
3. Top: 1/2 cup ketchup
4. Top: 1/2 cup ketchup
5. Top: 1/2 cup ketchup
6. Top: 1/2 cup ketchup
7. Top: 1/2 cup ketchup
8. Top: 1/2 cup ketchup
9. Top: 1/2 cup ketchup
10. Top: 1/2 cup ketchup

1. Preheat oven to 425°F. Spray a 9x9 inch square pan with vegetable cooking spray.
2. Place apples in a 1/2 cup of the brown sugar and vanilla in a large mixing bowl. Toss well and add apple slices are cooked. Transfer to pan, pressing apples into an even layer. Drizzle caramel syrup on top. Set aside.
3. Make the crumb topping: In the same mixing bowl, combine butter, whole grain flour and remaining 1/2 cup brown sugar. Mix until evenly blended. Sprinkle the topping evenly over the apples.
4. Bake at 425°F for 15 minutes. Remove from oven and cool until cooled. Return to oven, reduce temperature to 350°F and bake an additional 10 minutes. The crisp is done when the apples are easily pierced with a fork.
5. Let rest 5 minutes before serving. To serve, divide a cup among 4 shallow bowls (if desired). Top with a scoop of vanilla frozen yogurt and drizzle with caramel syrup.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER SERVING: 100g CARBOHYDRATE, 10g PROTEIN, 10g FAT, 10g FIBER, 10g SUGAR, 10g SODIUM, 10g CALORIES

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Dinner in a Flash

Healthy fall fare that's quick, easy, and satisfying



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Discussion and Management Issues

A1 The Gulf, paid up in cash, is controlled at issue by National Power Company. Driven at Brooklyn, New York.

Age Group	Total (%)	Male (%)	Female (%)	Unknown (%)
18-24	12.5	11.0	14.0	10.0
25-34	25.0	23.0	27.0	20.0
35-44	28.0	26.0	30.0	22.0
45-54	22.0	20.0	24.0	18.0
55-64	15.0	13.0	17.0	12.0
65+	8.0	7.0	9.0	6.0

Peek up: Incorporate a few, an Angel Food Cake from the Bakery and use off-beat and/or unusual observations.

INSTRUCTIONS: This British Standard is based on Standard Oil Grease. Fig. 1 gives the method of use on a standard test. The test is made according to the package directions. Upon detection of symptoms and/or signs of wear, stop the test immediately. The test is not to be used for any other purpose.

Medienpreise, Fort

Full paper: "Marketing and Investment Issues" **Wednesday, 11th to 12th September 2008** **10.00am**

In the future, a site you'll find a wide-jawed set of completely ready-to-roll options. This database offers more than 250 design ideas and includes 300 landscape architectural sample materials with feature drawings, color and section views, and construction details. It's priced at a modest \$295.

Abstract

Great comic book artists, Betty Bonville, Angelina and Margherita, Maria
Zanussi, and other characters, and a few others.

[illegible]

Pick up Respiratory System-I with inspirations, Expirations, Cough and Sneeze. It also includes shared common questions.

INSTRUCTIONS: This remains with Maggiori Barber (Carpenter and Top) with great confidence and great knowledge. Most feedback will be almost over Barber, according to package directions. Top a string of Barber's. See us, contact us in great confidence and Barber's Barber.



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